PENTHOUSE

THE INTERNATIONAL MAG N

SEPTEMBER/OCTOBER 2016

FOOD PORN:
WHY WE
LOVE PIZZA

THE HEALTH ISSUE

THE INTERVIEW:
JEFF GOLDBLUM

BRENDAN O'NEILL:
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FROM THE GUEST EDITOR

I'M chuffed to be guest-editing Penthouse.

When he founded it in 1965, Bob Guccione envisioned it as the libertine spirit made paper, a mag likely to rattle priests and prudes.

And it did. Many pearls were clutched when this magazine featuring political commentary and pubic hair – a shocking sight in the 1960s – hit the stands.

The UK Parliament – Britain being the place Guccione launched his experiment in provocation – flirted with the idea of expelling Guccione from the kingdom for crimes against decency.

Penthouse riled the sexless and stuck-up. And in the process it did something wonderful: expanded the realm of the sayable.

It insisted adults had the capacity, and cojones, to be able to see saucy images and hear dangerous ideas without having a mental breakdown. Guccione wanted a world where "the ordinary citizen has the right to express his or her views publicly".

We don't live in that world yet. For there's a new priestly set in town: the PC.

These new censors aren't nuns or blue-rinsed ladies; they're feminists, student agitators, right-on politicos, all seeking to crush "offensive" material. Today it wouldn't be square MPs suggesting Guccione be blocked from Britain – it would be blue-haired feminists.

Where Guccione and other Sixties provocateurs saw adults as adults, deserving freedom, the new prudes see us as children, requiring protection.

The parameters of public debate, expanded by Guccione and other kickers against the pricks throughout history, are shrinking again. We need more magazines like this one, prepared to go off-message, to revive the ideal that nothing should be unsayable..

BRENDAN O'NEILL
Guest Editor

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FOOD PORN

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EVENT PLANNER

SPRING RACING CARNIVAL

TIL NOV

The Spring Racing Carnival is the premier event on the Australian racing calendar, and one of the best-known carnivals in the world. With top-level races including the Caulfield Cup, the Cox Plate and the "race that stops a nation", the Melbourne Cup, the Spring Carnival is an unrivalled month of racing, fashion, fun and entertainment.

HENRY ROLLINS AUSTRALIAN SPOKEN WORD TOUR

SEPTEMBER

Former front man of hardcore-punk outfit Black Flag, renowned artist Henry Rollins is heading to Australia to tour his spoken word pieces, in *An Evening with Henry Rollins*. The multi-talented Rollins will be visiting 17

locations this September, including both cities and regional centres. A Sydney date is yet to be announced, however, the promoter Feel Presents promises "a special show" to announced in the very near future.

OZ COMIC-CON

SEPTEMBER

Where: Sydney & Brisbane

Oz Comic-Con is the destination for pop culture fans in Australia. Spanning five shows throughout the year, each two days long, Oz Comic-Con boasts a show floor packed with exhibitors, autograph and photograph sessions with the hottest celebrities, cartoons and mega anime babes.

Feel at home among the throng of nerds and cosplayers, and don't forget to dress up.

POWER PLAYS

SEP-OCT

Where: Sydney Theatre Company

Five writers, five actors, one theme and one world premiere; *Power Plays* is a theatrical tasting menu of some of Australia's finest writers. Their mission: to each write a satirical 20-minute play on the theme of power. The result: 100 minutes of hilarious theatre. Tickets are limited so be sure to get in quick.

LISTEN OUT

1ST OCT

Where: Centennial Parklands

Listen Out returns for its fourth year this September and October to kick-start the party and summer season with the best international and local dance music acts.

5 YEARS OF ASTRAL (MOVEMENT SYDNEY)

SEP-OCT

Where: Sydney Theatre Company

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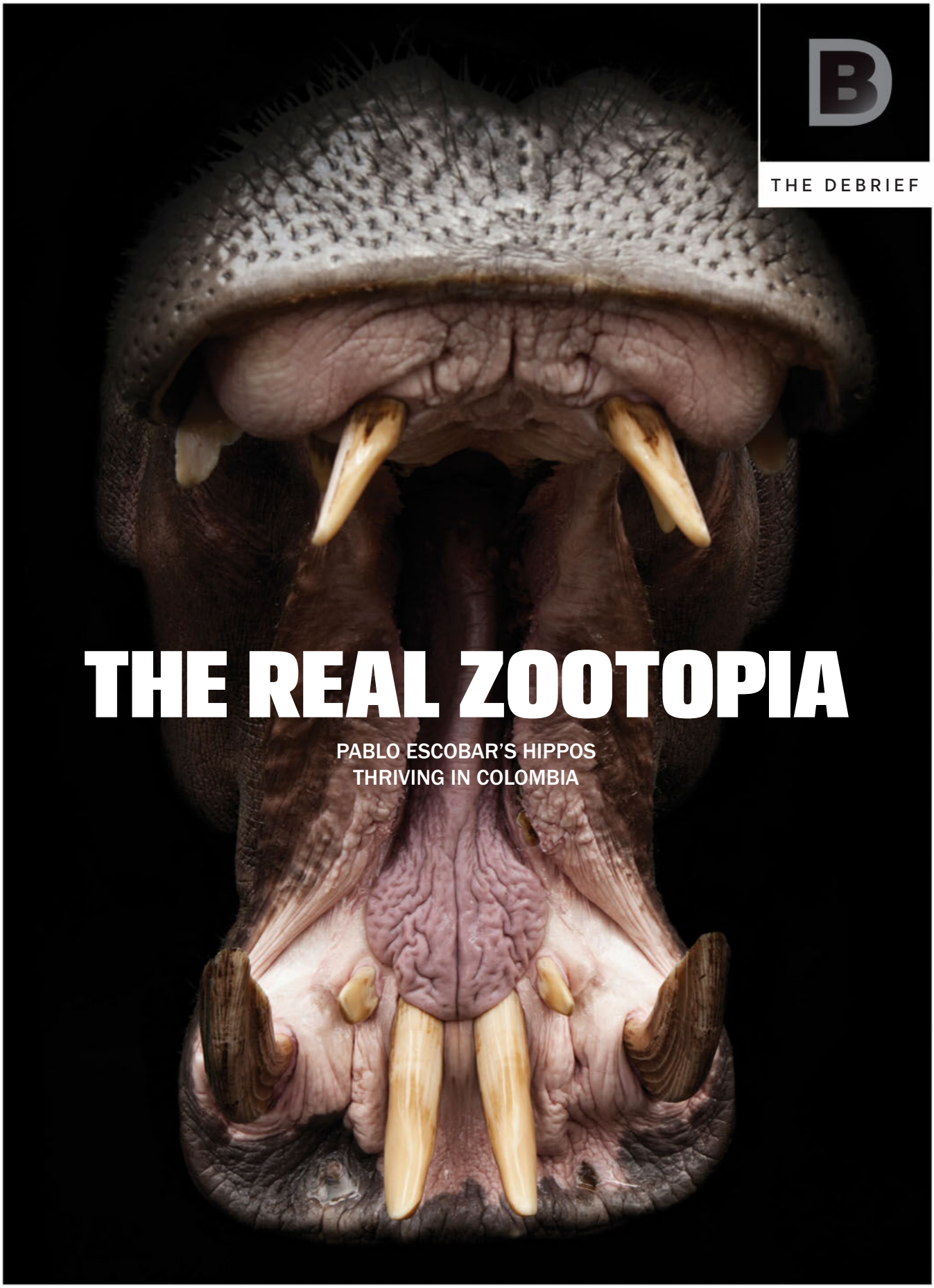

THE REAL ZOOTOPIA

PABLO ESCOBAR'S HIPPOS THRIVING IN COLOMBIA

PHOTO: ISTOCK / TUNART

WHAT WE'VE LEARNT

ESCOBAR'S ESCAPED HIPPOS THRIVING IN COLOMBIA

PABLO Escobar, Colombia's most notorious drug kingpin, cocaine trafficker, murderer and moustachioed star of the Netflix hit, Narcos, has left behind an unexpected legacy in his old residence Hacienda Nápoles.

Known for his eccentric taste, and bribery and political assassinations, what you might not know is that Escobar built a private zoo on his property, halfway between Medellin and Bogota.

In 1983, hundreds of animals, including elephants from India, buffalos from North America, kangaroos from Australia, rhinos, a giraffe and two hippopotamuses from Africa – a male and a female – arrived at Escobar's property in Columbia.

When he wasn't trafficking kilos of cocaine or murdering people, Escobar, the self proclaimed Robin Hood, would invite locals to visit his private zoo.

Escobar was shot dead in 1993 (sorry for the spoiler, Narcos fans). The government, which he was trying to overthrow, now runs that very ranch. While Colombian authorities were able to transfer most of the exotic animals to other facilities, the hippos were left to their own devices to roam the ranch's pond.

However, they've begun to venture further, finding their way into nearby rivers and surrounding areas. Locals have reported seeing the hippos and have become concerned about the large animals, which have a reputation for being very dangerous.

There are now between 26 and 28 hippos in the Hacienda Nápoles region alone and up to 40 in the total surrounding area. The government has begun castrating some of the animals in an attempt to stem their spread. Via: Nat Geo

CANDY FLAVOURED AMPHETAMINE FOR KIDS

Candy flavoured drugs for kids are now available in the U.S. The drug, adzenys, is for children with ADHD and it comes in a chewy, fruity flavoured candy, Stat News reports.

Produced by the Texan drug manufacturer, Neos Therapeutics, the drug was approved in January by the FDA for patients six years and older. It's the first extended release ADHD medication that dissolves in the mouth to become rapidly bio-available.

But not everyone is convinced that presenting amphetamines in such an easily consumable format is a good idea, with ADHD drugs already being abused by teen party-goers, or those looking for an extra edge in their studies.

Offering amphetamines in a tasty, convenient package is "a recipe for people to request it and then sell it," said Dr Mukund Gnanadesikan, a child and adolescent psychiatrist in Napa, California.

"I'm not a big fan of controlled substances that come in forms that can be easily abused — and certainly a chewable drug falls into that category," Gnanadesikan said.

However, not everyone sees this as a call for alarm. Drug abusers are going to abuse drugs, regardless of how they are packaged. "There's nothing revolutionary about this drug," Biermann said "It's simply another delivery mechanism for a medication that already exists and has widespread use." Said Dr Ben Biermann.

PHOTO: ISTOCK / FLAMINGPUMPKIN ISTOCK / SERGODEF

EXTRA-WIDE PARKING SPACES FOR WOMEN CAUSE OUTRAGE IN CHINA

CAR park managers in Hangzhou on China's east coast thought it was appropriate to create parking spaces just for women. That doesn't sound so bad, except that they're painted with pink lines, decorated with an outline of a women, and one and a half times larger than a standard space.

The managers, who spoke to Qianjing Evening News, told the host that they created the spots because 'women have difficulty parking in reverse'.

Predictably, the insinuation that only women are bad enough drivers to require extra large spaces has sparked outcries of sexism, with many people venting their anger on Weibo, a Chinese version of Twitter.

"Where are the feminists? This is such obvious gender discrimination," exclaims 潘大官人啊.

"If you're going to discriminate against women like this, why don't we get larger parking spaces when we're taking our driving tests then?" said 生顽主.

"If this news happened abroad would you all think that it was being considerate?" writes 只公主.

But not everyone agrees, claiming that the spots are a great idea.

"They're not saying that women have to park there," said 吖兴快

"They're just offering them to women who aren't good at parking. It's a great idea! Where's the discrimination?"

In all fairness, the move is a little sexist. Anyone who has been to China knows the men are just as bad, if not worse, at driving than women.

PHOTO: ISTOCK / MARCO MACCARINI ISTOCK / OLLO. INSERT: ISTOCK / KIEFERPIX

STONED SHEEP WREAK HAVOC

Stoned sheep caused havoc in Swansea Village after eating the remains of a cannabis crop, fly-tipped on the side of the road.

A local councillor told reporters that the sheep had left a path of destruction, undoubtedly in their hunt for more munchies, tearing up gardens and in one case entering a bungalow to tear up a bedroom.

"There is already a flock of sheep roaming the village causing a nuisance. We could have an outbreak of psychotic sheep rampaging through the village."

This event is not the first time stray sheep have troubled the community–having already been an instance of sheep being hit and killed after straying onto the road.

"I told the council officers to make sure it was reported to the police before removing any evidence of what looks like the dumped remains of a cannabis growing establishment."

CAR SERVICE CANCELLED DUE TO THEFT, MECHANIC CALLS CLIENT WHILE IN PURSUIT OF CAR

IN A bizarre chain of events, one woman's car has been returned, after her mechanic, whom she was due to see for a service, spotted the stolen vehicle with the thief at the wheel, and gave pursuit, reports News9.

Joseph, Kenneth and Gabe own an auto shop called Svenskraft, in Tulsa, Oklahoma. Their client was due to drop her car in for a service the day preceding, but had to cancel her appointment after the vehicle was stolen.

The entire thing, which happened entirely by luck, was caught on dash cam video. The three men were heading out to lunch when they saw a vehicle that resembled the reported stolen Volvo. They called their customer, asked if her car was still missing, to which she replied 'yes', and gave pursuit.

"I can't believe this" you can hear them say in the video.

The men followed the car while one of them called the police. The car chase led them down back streets, highways and residential neighbourhoods as they waited for the police to arrive. The pursuit eventually ended in a shopping centre car park.

The driver, 26-year-old Elizabeth Newtown, was immediately taken to jail on charges including possessing a stolen car, speeding, driving with a suspended licence, no insurance and resisting arrest.

Wallis said, "I guess it's the definition of serendipity. It happened. In any other situation a person might decide not to do that, but given the circumstances, who we are and who the customer was, we really wanted to see the car back in her possession."

TEXAS MEN TRAIN TO SHOOT MUSLIMS WITH PIGS BLOOD, ENSURE VICTIMS GO 'STRAIGHT TO HELL'

A GROUP of Texas men are training to shoot Muslims in preparation for a "Muslim uprising". Preparation? They dip their bullets and ammunition in pig's blood to ensure victims go 'straight to hell', reports Russia Today.

The group, who call themselves the Bureau of American-Islamic Relations, based in Texas (who would've thought?), fear the number of Muslim refugees in the country will lead to an "uprising", a conflict for which they will be prepared.

"Do you really expect me to stand here and wait until we get to that point? I'm not going to wait until we get to that point. I'm going to start doing something about it now."

"A lot of us here are using either pig's blood or bacon grease on our bullets, packing it in the middle, so that when you shoot a Muslim, they go straight to hell. That's what they believe in their religion," said Mr Wright.

BAIR is based in Irving, the same town where a young child, coined "clock boy", was arrested for bringing a home-made clock to school which the teacher thought was a bomb.

"The next step in Jihad does not involve random, sporadic attacks. They started killing people. They started slaughtering people wholesale," said so-called Bureau of American Islamic Relations (BAIR) spokesperson David Wright.

PHOTO: ISTOCK / ALIVEN. ISTOCK / BOJAN SENJUR

BEYONCÉ'S NEW SPORTSWEAR RANGE MADE IN SWEATSHOPS

A REPORT has revealed that Beyoncé's new sportswear range, Ivy Park, is being made by sweatshop workers in Sri Lanka, who receive a paltry $6.30 a day.

The sportswear brand is sold exclusively at Topshop and fetches over $100 for items like leggings and long sleeve tops. The Ivy Park brand ethos claims to 'inspire and support women,' but these findings suggest otherwise.

U.K tabloid The Sun spoke with a seamstress at MAS Holdings, a sweatshop factory in Columbo that employs 74,000 workers, 70% of them women. She has a very different take on the brand's mission.

"'When they talk about women and empowerment this is just for the foreigners. They want the foreigners to think everything is OK."

The workers, primarily women from poor rural villages, work 60 hour weeks, and mostly live in boarding houses, as it's all they can afford. Many of them are forced to share bathrooms with men and fear for their safety. These women do not feel empowered at all.

To put it into perspective, it would cost them a month's savings to afford a single pair of Beyoncé's leggings.

At the Topshop launch, Beyoncé told reporters that her "goal with Ivy Park is to push the boundaries of athletic wear and to support and inspire women who understand that beauty is more than your physical appearance."

That message is all well and good, but for the time being, it looks like the exploitation of women is perfectly acceptable as well.

PAKISTANI MEN CAN 'LIGHTLY' BEAT THEIR WIVES ?!?

THE COUNCIL of Islamic Ideology (CII) has vehemently opposed a law that would allow women to seek protection from abusive husbands, calling it un-Islamic, the Washington Post reports.

A Pakistani province attempted to pass the law, however the CII, made up of Muslim clerics, found that it does not adhere to Islamic code. Instead, the CII has proposed its alternative Women Protection Bill, recommending a 'light beating' for the wife if she defies her husband.

"A husband should be allowed to lightly beat his wife if she defies his commands and refuses to dress up as per his desires; turns down demand of intercourse without any religious excuse or does not take bath after intercourse or menstrual periods," the report states, according to Pakistan's Express-Tribune newspaper.

However, the chairman of the Council of Islamic Ideology, Muhammad Kahn Sherani, said the 'light beating' should be a last resort.

"If you want her to mend her ways, you should first advise her… if she refuses, stop talking to her…stop sharing a bed with her, and if things do not change, get a bit strict," Sherani said, according to Pakistan's Express-Tribune newspaper.

And, if all else fails, just "hit her with light things like a handkerchief, a hat, or a turban, but do not hit her on the face or private parts."

I'll take my wife lightly beaten, thanks.

PHOTO: ISTOCK / IZABELA HABUR ISTOCK / EDSTOCK

WOMAN QUITS JOB TO BREASTFEED BOYFRIEND

YES, you read that correctly. One lady has left her job as a bartender and taken up breastfeeding her boyfriend. Apparently it's a full-time appointment which sees Jennifer Mulford freeing the nip every two hours for feeding time.

After reading about the bond that breastfeeding can bring two people in a relationship, Jennifer had an interesting idea. She started trawling dating websites in search of her perfect baby man, presumably one that still sucks his thumb.

She found him, Brad Leeson, an old flame of hers. Perhaps the relationship curdled once before, but not this time, nope Jennifer's dream of an 'Adult Breastfeeding Relationship' was about to be realised.

Speaking to The Sun, she said: "It was like a light switched flicked in his head. I could tell from his voice that he was curious and excited. Then she described Brad's first latch on.

"At that moment I knew that I had a partner for life. We both wanted the same thing out of the relationship - a magical bond that only breastfeeding can achieve.

"I've taken a break from my job because I want to devote everything to making this work.

Brad told me he had a thing for big-breasted women, and that size had always been a factor in his relationships.

"I thought it was the perfect time to bring up adult breastfeeding, and see if he'd be interested," Jennifer said.

Do you think Jen will dump Brad if the couple has a baby?

PORN FOR THE BLIND

"A white woman in a cheap-looking red power suit sits next to a tall, white, lanky, middle-aged man with brown hair, a white shirt, a grey suit and a red-striped tie", begins one video. It features a female narrator and is part of an initiative by Pornhub to make porn more accessible the visually impaired.

There are over 285 million people in the world who are blind or visually impaired, but only a handful of websites that cater to them, Pornhub being the first mainstream porn site to do so.

The new category, called "descriptive porn", now features over 50 enhanced audio videos, made from a pool of the most popular straight, gay and bi videos on the site – one of which is Kim Kardashian's sex tape.

Pornhub president Corey Price told the Huffington Post that the initiative is a way of making porn more accessible for those who wouldn't usually be able to enjoy it.

"It's our way of giving back, and we're excited to hear what people think. With over 60 million people visiting our site each day, we did feel it important to start to include this type of more accessible content on our platform, though, given the relative ambiguity of the concept and the sheer number of people who are visually impaired around the world."

MAN ARRESTED FOR VIDEO OF DOG GIVING "NAZI SALUTE"

AUTHORITIES arrested a Scottish man after he produced a YouTube video showing his dog giving the Nazi salute.

The video shows Markus Meechan and his pug walking around the apartment, with Markus repeatedly asking the dog if "It wants to gas some Jews." While the dog doesn't respond, it's likely thinking something along the lines of "a pat will suffice."

The video shows the pair watching a tape of Hitler speaking, and the dog raising its paw to "Sieg Heil." The clip quickly spread over YouTube. After gaining media attention, police arrested the man. The arrest is meant to serve as a warning that offensive videos are unacceptable.

Detective Inspector David Cockburn said, "This clip was shared online and has been viewed almost one million times. I would ask anyone who has had the misfortune to have viewed it to think about the pain and hurt the narrative has caused a minority of people in our community. The clip is deeply offensive, and no reasonable person can possibly find the content acceptable in today's society."

He added: "This arrest should serve as a warning to anyone posting such material online, or in any other capacity, that such views will not be tolerated."

The man has claimed that he is not racist and that he "doesn't wish ill-will on any race."

WHAT WAS ONCE IN THE DEEP
IS NOW IN THE SHALLOWS
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JAILED PAEDOPHILE, ROLF HARRIS, ENRAGES INMATES WITH FOUL SMELLING FARTS

ONE of the downsides to being locked in a cell with another human being is that you don't have anywhere to go, even if things get a little smelly. In fact, if you need to go, you need to go right there, in the cell. And this fact, coupled with Rolf Harris' singing asshole, has caused a lot of concern among inmates at Stafford Prison.

Allegedly, the disgraced entertainer has chronic flatulence, a side effect of long standing medical issues. On top of the medical condition, Rolf's prison diet, which consists primarily of chocolate and curry, isn't helping the problem.

One of Rolf's prison buddies told The Sun: "It gets particularly worse whenever he's had a curry; there's no denying that. And Rolf really is fond of his curries.

"But the after effects, good God, it's not pretty.

"It's like living next to an abattoir whenever Rolf's around."

A real sadist, Rolf leaves a little bit of himself everywhere he goes, and apparently, there hasn't been this much wind in Stafford prison since, well, ever. But the inmates don't appreciate the new breeze.

"His inmates are always complaining about him.

"If it's starting to smell a bit like the drains have gone off you can always bet that it's Rolf who's behind it.

"He eats tonnes of curries and even follows it all up with a bar of chocolate or two.

"It can't be that good for a man of his age.

"He gets terrible wind, and he isn't shy of just letting one go whenever he thinks he can get away with it."

Rolf's estranged daughter Bindi Nicholls, who has launched a campaign to prove her dad's innocence, said: "Dad is just a regular guy.

"He goes to the loo, and he farts and burps likes the rest of us do.

"It's all rather embarrassing, really."

Stick to playing the didgeridoo, Rolf.

JEWISH DATING SITE MATCHES GAY MEN WITH LESBIANS SEEKING TRADITIONAL JEWISH MARRIAGE

FINALLY, a dating website that pairs gay men with lesbians seeking traditional Jewish marriages! Wait, what?

Israeli news outlet, Ynet, reported on the new dating website, which seeks to help gay and lesbian Jews find a partner to live together in a traditional relationship.

The site, founded by a Jewish man named Eran, began when a Facebook post of his asking for help to find a platonic relationship went viral. He soon found himself inundated with messages from friends and strangers alike seeking similar arrangements.

Eran, surprised with the response, made the decision to build a site for people seeking 'traditional marriages'. So far, about 50 people have signed up, ranging from ultra-orthodox Jews to conservative Jews.

"At first, I tried to help. I made a list and even set some people up," Eran said to Ynet. "But, as the requests multiplied, I decided that it was in

everybody's interest to make a framework for it and give people a place where they could find the kind of relationship that they're looking for."

One user, who goes by the name of "Seeking Truth", wrote: "I'm looking for a woman who doesn't want to follow her orientation, but rather wants to make a real and Jewish home. I'm not looking for a woman who's interested in extra-marital liaisons!"

Lesbian, gay, bisexual and transgender rights in Israel are considered the most advanced in the Middle East, and one of the most advanced in Asia, with same-sex sexual activity legalised in 1988. While same-sex marriage is still illegal, same-sex marriages performed in other countries are recognised.

Ron Yousef, an activist who founded the Israeli LGBT organisation HOD for Jews, told Mic, "This is like turning away from the issue, for yourself and for the community". Marriage and intimacy are challenging enough without the extra caveat of a life of secrecy and closet homosexuality.

CHINA BUILDS WORLD'S FASTEST SUPERCOMPUTER, U.S. FALLS FURTHER BEHIND

CHINA has built the world's fastest supercomputer, leaving the U.S. in its wake, again. The Sunway TaihuLight supercomputer is built from all Chinese components and boasts some very serious processing power.

Your standard MacBook uses four cores – China's newest super-sized supercomputer comes loaded with over 10 million; 10,649,600 to be exact. It boasts 125 petaflops and 1.31 petabytes of primary memory. No, we're not talking about the latest Jurassic Park movie.

A petaflop is a computing speed equal to one thousand million floating-point operations per second. In English, China's Sunway TaihuLight is more than three times the previous leader, also held by China, the Tianhe-2, and nearly 20 times the fastest U.S. supercomputer, Titan.

Speaking to Wired Magazine, Michael Papka, director of the Argonne Leadership Computing Facility (home to Mira, the world's sixth-fastest supercomputer), had this to say:

"At one level they're not very different from your desktop system… They have a processor that looks very similar to the one in a laptop or desktop system – there's just a lot of them connected together."

The TaihuLight leaves the U.S. further behind in the supercomputer race, leading lawmakers to call for a supercomputer-funding boost. Fifteen years ago, China had none of the supercomputers that made up the top 500 in the world. Now, it not only has more than everyone else, but its best machine is 5-times faster than the best U.S. machine.

Furthermore, the TaihuLight is a Chinese beast. Unlike previous supercomputers, which had U.S. made Intel chips inside, the TaihuLight is made of all Chinese components. Citing national security concerns, the Chinese Department of Commerce banned the sale of U.S. made Intel Xeon processors to Chinese supercomputer labs.

Originally developed for code cracking as well as ballistics, supercomputers were designed to make massive amounts of calculations at a time. Nowadays they're used anywhere computationally intensive tasks are required.

The NSA wouldn't be able to process massive troves of meta-data without them, games like World of Warcraft rely on them to make the game globally available to millions of players, weather forecasters use them, (to get their predictions wrong), and mathematicians rely on their power to make otherwise impossible complex calculations.

SUPERCOMPUTERS 101

• The world's first supercomputer was named Colossus. Housed in Britain, it was designed to read messages and crack the German code during WWII. It could read 5,000 characters a second.

• In 1997, supercomputer Deep Blue beat chess champion Garry Kasparov in a six-game match.

• In 2011, IBM's supercomputer Watson competed in Jeopardy! Playing against former winners Brad Rutter and Ken Jennings. Watson had access to 200 million pages of content (four terabytes of disk storage), as well as all of Wikipedia, and took the first place prize of $1 million.

GET THE PICTURE

PRECISION. Speed. Audacity. Aerobatics is one of the world's most demanding disciplines – and one of the most fascinating sights. A concentrated blend of technique, mastery and style, which you can see in action here, as the Breitling Jet Team fly over Pyramid lake, in Calysto formation.

Credit: Breitling Jet Team, American Tour, Pyramid Lake.

BREITLING
BREITLING

JOHN HANKE

THE MAN WHO FILLED THE DIGITAL WORLD WITH LITTLE JAPANESE MONSTERS

IMAGINE Google approaches you to acquire your start-up and offers you a position managing a global team of Googlers. A few years go by and you decide to leave your position to build a new start-up and Google offers to finance it. Then you decide to capitalise on an elaborate April Fool's Day prank and create an augmented reality mobile app based on a Japanese video game from the '90s. You there? Congratulations, you're John Hanke, creator of *Pokémon Go*.

Building an app that's surpassed Twitter's daily users – and has people spending more time on it than Instagram, Snapchat, WhatsApp or even Facebook – out of the greatest empire built on a mouse since Disney (in a gym battle with Mickey, my money's on Pikachu) is only Hanke's most recent achievement in a series of innovations that led to what many have hastily (and errantly) labeled an "overnight success".

Designing the mother of all MMO's (Massive Multiplayer Online games) in '96 (literally), Hanke has spent the past 20 years gaining EXP and earning his gym badges, getting ready to take on Victory Road. To kick off the new millennium, Hanke launched Keyhole. In a nutshell, Keyhole is to Google Earth as Charmander is to Charizard. It was Hanke's pioneering method of merging aerial photography with maps that created the now-familiar and almost-too-creepy way we can get up close and personal with our roof tiles after zooming in from outer space.

After adding Google Maps and Google Street View to the notches on his belt, Hanke decided he missed the start-up world and founded Niantic. Niantic's first product was a new type of MMO, Ingress, that incorporated Hanke's experience with global positioning. In fact, Ingress actually plays a lot like *Pokémon Go*: you're required to visit landmarks and capture them from opposing teams (like Pokemon's gyms) by battling with weapons you've collected from other landmarks (you know, like, actual Pokemon). So ultimately, Hanke took his game Ingress and made it cooler by making it… nerdier?

Maybe so, but what made *Pokémon Go* feasible for Nintendo, Google and Hanke was the overwhelming response to Google's 2014 April Fool's joke. The jest featured a commercial showing real-life Pokemon trainers holding up their phones to reveal an augmented reality Pokemon world. When the prank launched on April 1, there was no augmented reality feature, but Pokemon were placed on global landmarks on Google Maps. The world loved it and demanded the promised augmented reality, which Hanke has now delivered.

In a 2012 interview with *Inc.* Magazine, Hanke explained his approach to augmented reality: "If you could put a bubble around the world, what would you want the bubble to say?" Apparently, we want the bubble to say: "A wild Rattata appeared!"

DOWNLOAD

SECRET SUGAR BOMBS

HERE'S HOW YOU CAN GO WRONG AND MAX OUT SUGAR IN JUST ONE MEAL

SOURCE: DAILYBURN

BREAKFAST — 25g

16g 1 cup of vanilla almond milk
9g 3/4 cup serving Honey Nut Cheerios

That's already over the recommended daily limit for women, and close to it for men - just at breakfast!

LUNCH — 24g

16g 6-inch Sweet Onion Chicken Teriyaki Subway
8g 1 bowl of tomato basil soup

Add a soft drink with your meal, and that figure more than doubles

DINNER — 25g

16g 2 tbsp of barbecue sauce on grilled chicken
9g 1/4 cup of glazed walnuts on salad

Yes, there really is that much sugar in tomato and barbecue sauce

SMALL SNACKS — 57g

38g 1 blueberry muffin
19g 1/2 cup of vanilla ice cream

One large muffin adds up to more than an entire day's worth of sugar

ONE & 'DONE' DRINKS — 63g

39g 1 can of Coca-Cola
24g 1 cup of hot chocolate

Unless you plan on sticking to a veggie diet for the rest of the day, we recommend skipping the soda

HEALTH & FITNESS APPS

Sworkit

Want to get fit but you don't have the equipment, or the inclination to pay for a gym membership? No worries. Sworkit "Simply Work it", offers custom strength, cardio, yoga and stretching workouts without any equipment. It's proven enormously popular. **Lite (free); Pro ($4.99); Android and iOS**

Jefit

Jefit creates personalised workouts from a massive library of routines. It's perfect for those looking to keep track of workouts, or if you want to try something new. With over 1,300 exercises, 60 native workouts and over 2,000 community created routines. **Free; pro ($4.99); Elite ($4.99/mo,. $19.99/yr)**

Simple Steps

"Eat healthier, one small step at a time." Simple steps is designed to help you make little changes that grow into healthy habits. "People actually learned to eat healthier consistently when they build habits around small changes in their lifetime". But don't take our word, try it out yourself. **Free; Android and iOS**

PODCASTS

Here are the top 3 podcasts that you should download today.

1. JOE ROGAN PODCAST

Voted the best comedy podcast of 2012, and still going strong, The Joe Rogan Experience podcast stars comedian and UFC colour commentator, Joe Rogan (host of Fear Factor and The Man Show). Topics are diverse, ranging from aliens, conspiracy theories, fight talk, girls, porn, psychology and psychedelics.

Where to listen:
http://podcasts.joerogan.net/

2. DAN CARLIN'S HARDCORE HISTORY

Dan Carlin's podcasts are among the most popular in the world. Part storyteller, part analyst, Carlin is a master of dissecting subjects in an incredibly interesting and unique fashion. Whether it's the history of Ghengis Khan, nuclear weaponry, WWI or WWII, Carlin is guaranteed to captivate.

Where to listen:
http://www.dancarlin.com/

3. SERIAL

Serial is the podcast hot on everyone's lips right now. Produced by the same people behind This American Life, Serial Season One is a crime procedural about Adnan Syed, who has been in prison for 15 years for the murder of his ex-girlfriend, Hae Min Lee.

Did he do it?

It's Baltimore, 1999. Hae Min Lee, a popular high-school senior, disappears after school one day. Six weeks later detectives arrest her classmate and ex-boyfriend, Adnan Syed, for her murder. He says he's innocent – though he can't exactly remember what he was doing on that January afternoon. But someone can. A classmate at Woodlawn High School says she knows where Adnan was. The trouble is, she's nowhere to be found.

CRUSH

ELSA HOSK

THE 27-year-old stunner-cum-modelling elite is hard to miss. Even harder since she became a Victoria's Secret Angel in 2015.

All things considered, it's hardly surprising she scored the coveted Victoria's Secret Swim Catalogue Cover, reportedly the final calendar VS intends to shoot.

Success didn't come over night for our Swedish beauty, though. While Hosk spent some of her youth modelling, she made more appearances on the court as a pro-basketball player than on the runway. But, in between her 8 weekly training sessions, she still managed to shoot some incredible work with Guess and Dolce & Gabanna.

She eventually hung up the sneakers after receiving job offers in New York City, where she moved to model full-time.

From shooting hoops to fashion shoots, she quickly became a star on the New York scene, ranking at number 15 in models.com Top Sexiest Models List.

Plenty of models are known for their steady diet of cotton balls and Peruvian party powder. Not Ms. Husk. She maintains a regime of strict diet and exercise (2 training sessions a day with Victoria's secret). That's not to say she doesn't know how to take it easy. Everything in Moderation, right?

According to Husk, her major vice is late night pizza and grilled cheese. Which means her worst habit is eating like every collegiate male.

PHOTO: GETTY IMAGES / DIMITRIOS KAMBOURIS

FROM THE DIRECTOR OF
TRAINING DAY AND THE EQUALIZER
DENZEL WASHINGTON
CHRIS PRATT
ETHAN HAWKE
THE MAGNIFICENT SEVEN
METRO-GOLDWYN-MAYER PICTURES AND COLUMBIA PICTURES PRESENT IN ASSOCIATION WITH LSTAR CAPITAL AND VILLAGE ROADSHOW PICTURES A PUN HIGH/ESCAPE ARTISTS PRODUCTION
A FILM BY ANTOINE FUQUA "THE MAGNIFICENT SEVEN" VINCENT D'ONOFRIO BYUNG-HUN LEE PETER SARSGAARD MUSIC BY JAMES HORNER AND SIMON FRANGLEN COSTUME DESIGNER SHAREN DAVIS FILM EDITOR JOHN REFOUA, ACE
PRODUCTION DESIGNER DEREK R. HILL DIRECTOR OF PHOTOGRAPHY MAURO FIORE, ASC EXECUTIVE PRODUCERS WALTER MIRISCH ANTOINE FUQUA BRUCE BERMAN BEN WAISBREN SCREENPLAY BY NIC PIZZOLATTO AND RICHARD WENK
MGM
VILLAGE ROADSHOW PICTURES
Soundtrack on Sony Classical
PRODUCED BY ROGER BIRNBAUM TODD BLACK DIRECTED BY ANTOINE FUQUA
Magnificent7Movie.net
#Mag7
COLUMBIA PICTURES
COMING SOON

BREITLING
1884
CHRONOWORKS
Automatic
Super Ocean
CHRONOWORKS
SWISS MADE
THIRTY SIX
36 JEWELS

TECH

TICK TOCK IT'S TECH O'CLOCK

II

III

IV

V

I / Superocean Héritage Chronoworks Breitling.com
For thrill-seekers, diving enthusiasts, or fellas who just want a piece of the best high-tech machinery on their wrist. Breitling, a specialist of technical watches and a leader in wrist chronographs, has just released the Superocean Héritage, which has been reinterpreted in an all-black version, recalling the 1957 Superocean. The transparent case back provides a chance to admire (and show off) the Chronoworks movement, with its revisited mechanism and black oscillating weight.

II / Beast Grip Pro Beastgrip.com
Take your phoneography to the next level with Beastgrip – the world's first universal lens mount and rig system that works with any phone. The phone accessory has an adjustable frame that works with phones of all sizes and provides a standard 37mm threaded lens and filter mount. It comes with a wide-eye and fish-eye lens, and allows you to add a variety of lenses depending on your needs. There is a cold shoe for lights and mics, as well as five standard threaded mounts for tripods, stabilizers, sliders and other accessories.

III / BMW Titan Motorcycle BMWMotorcycles.com
This BMW Titan motorcycle looks like it drove right out of the latest sci-fi flick, and it's stunning. The futuristic concept bike sports one large rear wheel and a sleek, podlike design. Don't let it fool you, the Titan concept is a motorcycle, and it would look right at home on the set of *Tron*.
The design is the work of Mehmet Doruk Erdem of Istanbul, Turkey. The angular, aerodynamic body is designed for land speed-record runs, and reminds us of speeders of old. The the front wheel is hidden inside the body, leaving much to the imagination.

IV / The Boom Stick Boomcloud360.com
About the size of a USB flash drive, just plug your headphones or speakers into the Boom Stick, then plug that into your audio device. It will then utilize an algorithm to enhance the fidelity and mix of whatever audio you choose to listen to, giving the individual elements of a track more clarity, and even giving the voices on podcasts or video extra vivacity and presence.

V / Star Wars Drones Starwars.airhogs.com
Now you can fly the most iconic ship in the universe… at least, the Star Wars universe, with the Star Wars high-performance laser battling Quads. Choose your vehicle, 74 – Z Speeder Bike, Millenium Falcon, T–65 X–Wing Starfighter, or the Tie Advanced X1, and fly into battle at speeds above 35 MPH and battle up to 24 people at a time using onboard lasers! All Star Wars quads are hand painted, certified, numbered and packed in a collectible display box.

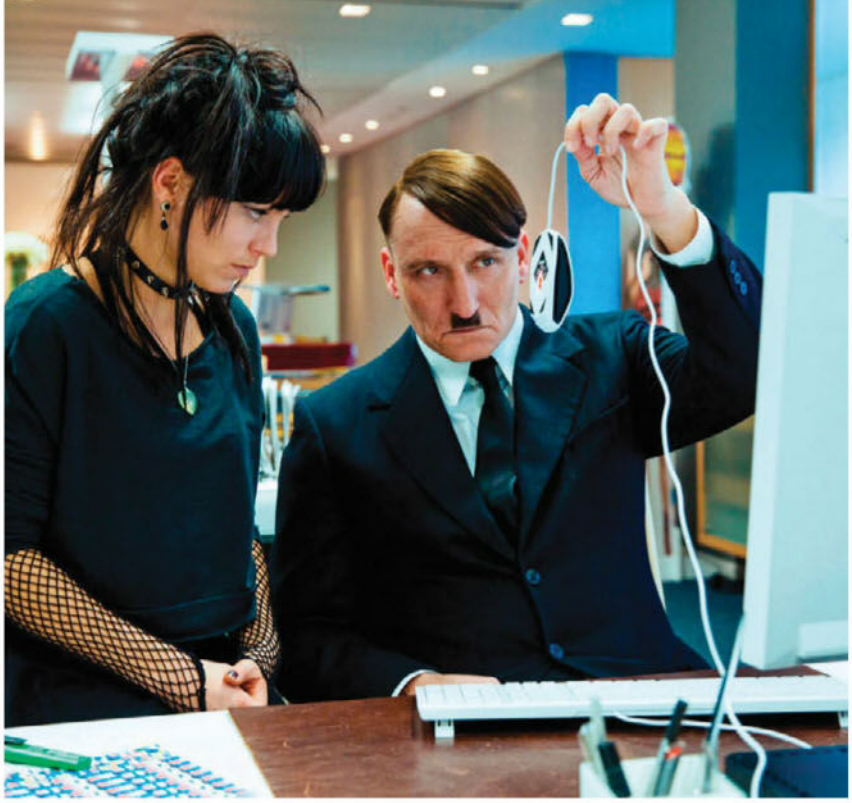
PHOTO: MEDIA CENTRE

STREAMING

NETFLIX KNOWS WANT YOU WANT

HAVE you ever noticed that Netflix ratings aren't all that reliable? They're not exactly the rock solid sources of IMDB or Rotten Tomatoes. Despite that, Netflix is actually trying to cater more closely to your tastes. They're based on the entertainment that you've already watched compared with other how users, who have similar viewing patterns to you, have rated movies and TV shows. This means that different Netflix accounts won't always come up with the same star ratings. So, the star ratings are in fact a prediction of how they think you would rate something.

Since a lot of material probably gets pushed to the side in your Netflix-recommended catalogue, here's some sleeper hits that may not have caught your attention:



LOOK WHO'S BACK (2015)
This dark satire transports Adolf Hitler into the 21st Century. After waking up in a modern-day Germany who seems to have lost the cause, he takes a new path and catapults to fame as a stand-up comedian. It's a strange reimagination of the abhorrent dictator that's intercut with candid camera reactions of everyday Germans, offering a hilarious but stinging commentary about the racial tensions that still live in our present society.

THE JAMZ (2016)
Here's another comedy series running along similar veins as Brooklyn 99, but centred around the fictitious Chicago radio channel 101.7. The show revolves around a group of workplace idiots who can't help but make the world around them more awkward than it needs to be.

COMING SOON

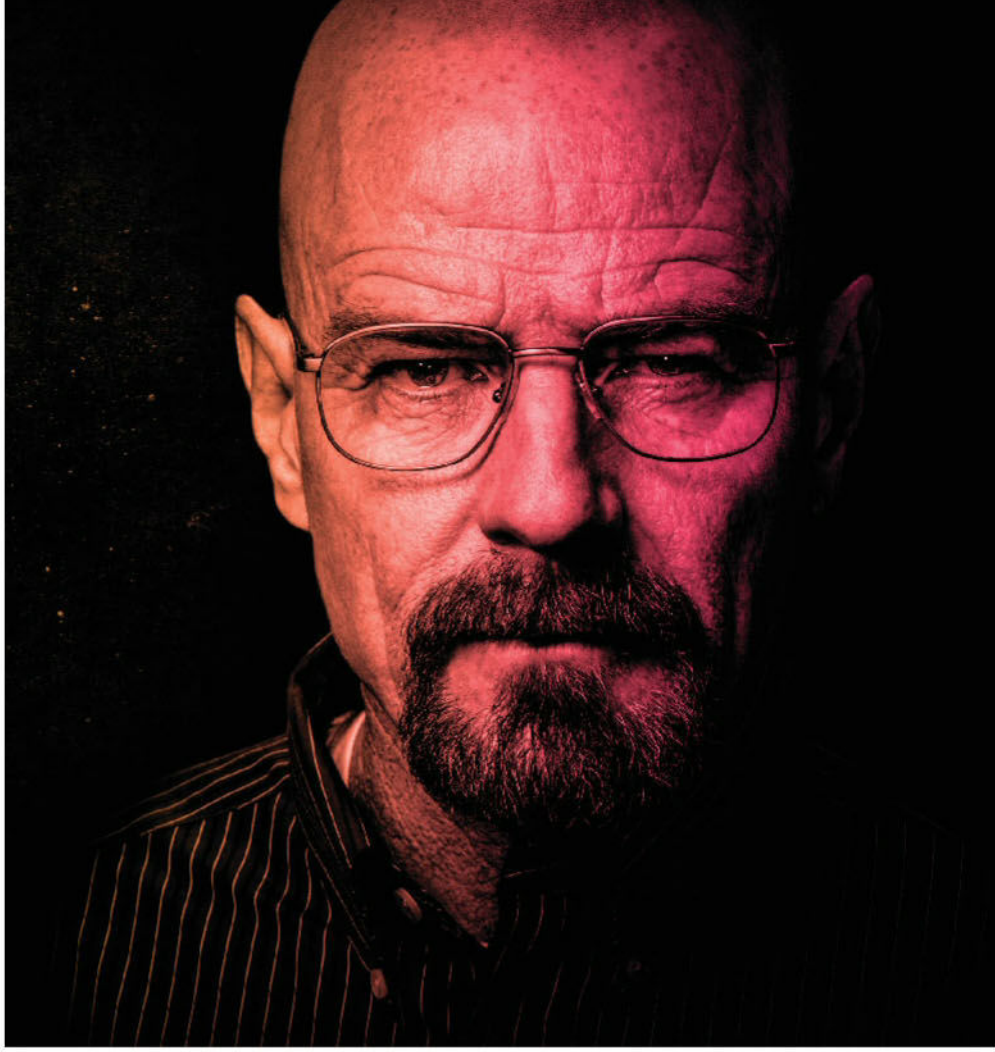
< DOCTOR STRANGE
Release: October 17. Walt Disney
Under the guidance of The Ancient One (Tilda Swinton), Britain's Benedict Cumberbatch dons the cloak of Doctor Stephen Strange. With supernatural elements, t he debut of the conceited surgeon-turned-Sorcerer Supreme in the Marvel Cinematic Universe proves to be a uniquely refreshing addition to the superhero genre.

^ THE ACCOUNTANT
Release: November 3. Warner Bros
Christian Wolff, also known as Ben Affleck, is a math-savant genius who's never been much of a people-person. Working at a local accounting office, behind the scenes, Wolff is also a freelance sleeper assassin. In the midst of his double life, he stumbles upon some dark secrets while uncooking the books for a new client.

DRSTRANGE: © THE WALT DISNEY COMPANY. THE ACCOUNTANT: © 2016 WARNER BROS. ENTERTAINMENT INC. D RATPAC-DUNE ENTERTAINMENT LLC. LOOK WHO'S BACK: © 2015 MYTHOS FILM

FILM

CRANSTON KNOCKS ON HOLLYWOOD'S DOOR



OVER recent years there's been a trend emerging in American cinema of the Hollywood pretty boy-turned-artiste. The biggest Apollos of the 90s for teenage girls have turned their public personas around and earned a certain respect among the critical circles of film. The stardom generated from *Leonardo Dicaprio's Titanic* and *Romeo and Juliet* throughout the 90s always threw a contrived, dreamboat image on his career. Since then, he did everything he could to distance himself from that pigeonhole – appearing in the films of Scorcese, Nolan, and Tarantino – and Oscar-baiting his way to the top until, this year, it finally paid off. Ben Affleck followed suit, getting away from the type-casted cheese of *Armageddon* and *Pearl Harbour*, he began to direct films, starred in more roles, and managed to win an Academy Award before Leo did. Then there's Matthew McConaughey – the romcom extraordinaire of the 2000s – who took a complete 180 in his career, opting for parts like the dark character of Rust in *True Detective* and ultimately, in the same vein as Leo and Ben, received an Oscar last year for his performance in *Dallas Buyer's Club*. While for the better part of their careers these guys got by mostly on their looks over pure talent, on a different side of the acting universe there was a man who laboured for decades as understated characters, until we would all come to hail him as the king. That king, is none other than Bryan Cranston.

After featuring in a bunch of casual roles in the 80s and 90s (notably as *Seinfeld's* Tim Whatley and a frantic but sympathetic antagonist Patrick Crump, in an episode of the *X-Files*), in 2000 Cranston arrived on the goofy character Hal in the long running sitcom *Malcolm in the Middle*. However, nobody really foresaw the versatility and reach of Cranston's talent before he eventually inhabited the iconic role of Walter White in *Breaking Bad*. From that point on, he went from a recognisable face on television – to a sought-after, distinguished figure on the screen. Like Heath Ledger, who would take journals, himself designed and put on the make-up each day, and honed in on his own behavioural compulsions whilst playing the Joker, Bryan Cranston was Walter White; the proverbial Mr. Chips who transformed into Scarface. Cranston more or less came up with the costume design, was immaculate about small details like the look of his moustache (it had to appear "impotent" or almost see-through), and a lot of White's slumping pose was inspired by the brooding posture of his father. Unlike most portrayals we see, he didn't settle for simply playing a character, instead his love of performing urged him to invent a character so we could all reap the benefits as an audience. And in one fell swoop, Cranston suddenly rose to a narrow league of acting that shows how actors truly can be artists.

CRANSTON DOESN'T TAKE HALF MEASURES IN ANY OF HIS PERFORMANCES AND IS GIVING LEO, BEN, AND MATT ALL A RUN FOR THEIR MONEY

Since the overwhelming success of Breaking Bad is no longer kept Cranston's talent a secret, he's been landing role after role on the silver screen. Although 2014's remake of *Godzilla* was met with mixed reviews, the problem wasn't Cranston, it was the lack of him – all we really wanted to see was Heisenberg taking on the havoc-wreaking monster of Japan. Along with the recent delivery of *The Infiltrator* (which this time saw the king investigating the underbelly of drug-trade rather than fuelling it), and in last year's release of *Trumbo* he shaped another remarkable depiction that brought him to the Academy Awards. In other words, Cranston doesn't take half measures in any of his performances and is giving Leo, Ben, and Matt all a run for their money. As we eagerly await his line-up of films coming out later in the year (particularly *Wakefield*, based on short story by the E. L. Doctorow of the same title), Bryan Cranston is going out and proving that you're never too old to reinvent your career in show business.

ASSETTO CORSA

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505 GAMES

GAMING

WARFARE REMASTERED

FANS and critics alike have often accused the *Call of Duty* franchise of simply releasing the same game over and over again. Well, this time they've really done it. *Call of Duty 4: Modern Warfare Remastered* is…um…*Call of Duty 4: Modern Warfare*…but remastered.

Tagging along as a digital download with the purchase of *Call of Duty: Infinite Warfare*, COD4 Remastered transports you back to relive all of your favourite missions, like that one where you're a sniper, and that other one where there's a tank, and that one where you take out bad guys on a plane. Ah, good times. Good times.

Now, for those of you who played endless hours of online multiplayer until your eyes bled, you're in for a bit of luck too. Activision has announced that "ten fan-favourite maps" will be available for you to noob-tube your way through, including Crash (Blackhawk Down?), Backlot, Crossfire (camper's paradise), Overgrown and Bog. Apparently, "Remastered" means "reset", because you'll have the chance to earn all of your favourite weapons again, beginning at Private 1. I mean, who doesn't want to go through 55 Prestige levels for a third and fourth time!? Totally worth it for that golden AK-47 you'll never use. One can only hope that "Remastered" also means, "glitches removed"; once the servers were filled with pre-pubescent teens zip-lining across the map only to shoot your face from inside an impenetrable shipping container, it really just wasn't that fun anymore.

To be honest, the recently released footage comparing the Remastered graphics to the original on the "Crew Expendable" mission looks incredible, and somehow Captain Price's moustache became infinitely more manly (Dos Equis is still looking for a new "Most Interesting Man in the World", right?). In addition to improved character profiles, the new mission looks like Michael Bay directed it this time around, with vibrant sparks from ricocheted bullets, warning sirens flashing in a manner that actually feels like, "holy shit, I should get off this boat", and lightning bolts that call more attention to themselves than Kanye.

Oh, and if you have any interest in space dogfights and blasting your way through hordes of T-800s, there's this other game that's coming out…*Call of Duty Infinite Warfare*. It comes packaged with your copy of *Call of Duty 4: Modern Warfare Remastered*. You know, for when your Internet is down, or something.

Call of Duty 4: Modern Warfare Remastered will be available 4 November as a digital download when you purchase *Call of Duty: Infinite Warfare* Legacy Edition or Digital Legacy Edition (includes both games), Digital Deluxe Edition (both games and a season pass for post-release DLC), or Legacy Pro Edition (both games, a season pass, a shiny Steelbook, and other little goodies). All editions will be available on PlayStation 4, Xbox One and PC, and the PS4 version will allow you to play through COD4's missions 30 days before everyone else.

COMING SOON > *SOUTH PARK: THE FRACTURED BUT WHOLE*

"Why did we choose this life? Why did we become superheroes? We dedicate our lives to fighting crime for one reason: to make a billion dollars on a superhero franchise." With these words, Eric Cartman introduces the world to *South Park: The Fractured But Whole*. The sequel to Matt Stone and Trey Parker's hit game, *South Park: The Stick of Truth*, continues the story of "New Kid" as he fights through South Park's superhero civil war between Cartman's "The Coon" and Kenny's "Mysterion". The most powerful addition to New Kid's arsenal will be the ability to rip the fabric of time, as only South Park can...with a fart.

PHOTOS: GAMESPRESS

Black people are not oppressed. If you change your college degree to 'Medical career' instead of 'Race player' then you'll be set.

BUSTED

TWITTER TRUMP CARD

IT'S a fairly well-known fact that Donald Trump's campaign to be the next President of the United States suffers from a bit of a race problem. That is – he's finding it difficult to convince people of colour to support him, with a recent Quinnipiac University poll indicating that a shockingly low 1% of black voters will cast a ballot for Trump this November. Now, this isn't entirely Trump's doing to be fair; the Republican Party has had a strained relationship with black voters lately; over the last 50 years, only 15% of black people have voted Republican. There are plenty of reasons for this, but the issue most likely stems from the party's courting of white voters from southern states in the 1950s, who more often than not held less than sympathetic views on African-American civil rights. At any rate, the Republican Party has been losing its hold on the black voting bloc since then – no amount of PR stunts with conservative black ministers or Ben Carsons seem to be able to fix that.

So, it appears that one "ingenious" Trump voter has found a way to promote Trump's black cred as well as his cred with female voters – double whammy. A Twitter profile, by the name of @blackgirl4Trump, which took the Twittersphere by storm with pro-Trump tweets.

Many people found it hard to believe that the political unicorn – a young, black, female Trump voter even existed. And it turns out that they were right – the account was fake. The woman in the photo, another Twitter user by the name of @Ohh_so_Exotic, was alerted to the fraudulent use of her image and immediately demanded that the user take it down. She also reported the account to Twitter, who informed her that they "don't mediate user content – including images – unless it violates the Twitter media policy" and told her they wouldn't be removing the offending image. Eventually, however, the account was deleted.

This isn't the first time the Trump campaign has been called out for using fake Twitter accounts – there are a number of suspiciously enthusiastic, pro-Trump Twitter accounts that have no user history before April this year, seem only to talk about Trump and don't seem able or willing to reply when Tweeted at, even when the person Tweeting at them is Trump himself.

MANY PEOPLE FOUND IT HARD TO BELIEVE THAT THE POLITICAL UNICORN – A YOUNG, BLACK, FEMALE TRUMP VOTER EVEN EXISTED

It's not like this is a huge surprise – Trump isn't the first person to increase his perceived popularity through purchasing fake social media presence, nor will he be the last. Companies and politicians have been buying their online popularity for a while now, with the Clinton campaign containing an alleged 1 million fake twitter followers. The risk is always there, though – if you get called out, it can make your campaign seem fake and petty – especially for someone like Trump who has so far relied on his perceived popularity with the people and the grassroots nature of his campaign. Far from the polished politicking of Clinton, Trump has always touted himself of somewhat of a folksy man of the people who doesn't need political tricks and traditional campaign methods to win.

People are used to spectacle and fraud in a political campaign – the crowded campaign rally, the carefully timed road stop – these are all part of the show. Carefully curated social media accounts are now part of this cabaret, and will continue to play a major role in future campaigns. The difficult thing to tell at this stage is how much of an effect fake accounts on Twitter and Facebook can have on generating a perceived wave of enthusiasm for a particular candidate and swaying public opinion. One thing that is certain – the use of fake accounts to boost popularity and create a stir in a campaign is here to stay, just another carefully managed election time set piece; the photo-op of the digital world.

POLITICS

BITCOIN SHINES BRIGHT IN IN TIMES OF POLITICAL UNCERTAINTY

PHOTO: ISTOCK/ ANDREY PROKHOROV

AS THE dust settles on one of the great political upsets of this century, it's clear that the new rule for Western democracies has been vindicated once more. The centre – as Irish poet W.B. Yeats apocalyptically prophecised – can not hold.

Britain has voted to leave the European Union, in a rejection of the centralised, technocratic government in Brussels, and a painful castigation of the leaders of both major parties in closer to home. Those at the head of politics – as well as those at the nation's economic and financial centre – have been rejected, in a result that notably split London from the rest of England and melded racial angst to economic pain.

As with the rise of Donald Trump in the US, Marine Le Pen in France, and re-emergence of Pauline Hanson and independents in Australia, discontent among the electorate has translated into votes for populist, anti-establishment figures and causes.

It is therefore somewhat appropriate, at least on the level of symbolism, that as financial markets were wracked in agony after the UK Brexit vote, one currency held firm, making a surprise ten per cent rise as the Pound and others plummeted. Owners of Bitcoin were a surprise winner of Brexit, with the decentralised digital currency bucking the trend. As the British public registered their dissatisfaction with national and international government, a currency specifically designed to exist independently of banks and nation states surged.

Unlike regular currencies, which require middle-men to oversee their transfer from one party to another, Bitcoin allows anonymous transfers directly between them, within a self-monitoring system that tracks all transfers – a cheaper and more efficient way to move capital.

The invention of the currency was primarily aimed at cutting out banks and governments, who can't intervene to change the levels in circulation or take their cut from the transfers. Saving a few cents on a purchase is nice, but being able to do so with real privacy is nothing short of revolutionary.

Thanks to this feature, the currency can be – and often is – used to buy banned goods. Putting a baggie on your credit card leaves a trail with the bank. Transferring with Bitcoin doesn't have to.

And while this means the currency has become associated with drugs, pornography, and even weapons exchanges, it's also politically significant.

When a number of major corporations including PayPal, Visa, Mastercard, and Bank of America prevented users from transferring donations to WikiLeaks after it published secret US government documents, those running the whistleblower project turned to Bitcoin. Julian Assange and co., had helped prove war crimes and exposed the way corporate interests were being enshrined in quietly negotiated trade deals. With the use of Bitcoin, they were able to outmanoeuvre the subsequent financial sanctions applied to them by those they pissed off in the process.

For obvious reasons, the currency is now seen as more than a means of purchase, and it has picked up a devoted group of digital-libertarian followers, while developing a growing community of users.

But like Brexit, the decentralised nature of Bitcoin comes with one big risk. Despite peaking at times when others have failed, Bitcoin has proved a highly volatile currency and suffered a horrific collapse in value shortly before its Brexit rally. There's also the more mundane problem: try to go down to your local pub and pay in bitcoin and see what reaction you get. Sorry, nerd, but we only take Visa and Mastercard here.

In a time when there is great political anger towards the centre, Bitcoin and crypto-currency seem like ideas readymade for the age.

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LIGHT BALANCE

THOMAS AGATZ IS BASED IN ODENSE, DENMARK. HIS WORK IS SEXY, SENSUAL AND VERY EASY ON THE EYES

THOMAS AGATZ lives in Odense, Denmark. He found his first model on Facebook and photographed her in a cemetery. We wonder what she was thinking on the way to the shoot? Apparently is turned out pretty well because you're now looking at his work. Agatz's passion for his subject's beauty and his ability to combine light and texture – a difficult relationship to balance at the best of times – makes for an end product that is natural, relaxed and sexy as hell. Enjoy.

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JURASSIC SUCCESS

JEFF GOLDBLUM TALKS DINOSAURS, ALIEN INVASIONS, AND BOYHOOD SHOWER SECRETS

RECENTLY, Liam Hemsworth had this to say about his "Independence Day: Resurgence" co-star Jeff Goldblum: "What you see is what you get. And all of us could benefit from dropping that front we hold on to a little bit."

The 63-year-old grimaces when he hears it repeated back to him.

"That is very sweet but I'm always questioning what I say. I'm probably too open for my own preservation," Goldblum says. *"'Oh did I say the right thing? Should I have said that to him?'"*

Hollywood could learn a thing or two from this man.

A living legend, Goldblum got his first movie break with a silent role as a nameless thug in "Death Wish" with Charles Bronson in 1974. His towering, bookish good looks and charismatic spirit won him supporting roles in "Silverado" [where he met first wife, actress Patricia Gaul], "The Big Chill," and "Invasion of the Body Snatchers."

His breakthrough came in the mid-Eighties in David Cronenberg's remake of "The Fly," which thrust the actor into the A-list [it's also where he met second wife, Geena Davis], and he followed that with a string of modern classics including "The Tall Guy" and "Earth Girls Are Easy" [also with Davis].

Then came a lead in what was to become one of the biggest movies in history–"Jurassic Park." Together with Steven Spielberg and a bunch of ferocious dinosaurs, Goldblum charmed audiences with his performances as sardonic Dr. Ian Malcolm to a bountiful tune of over $1 billion at the box office.

Surely he could never match that in his career?

Three years later, he did just that with Roland Emmerich's sci-fi juggernaut, "Independence Day," an earth-shattering saga in which marauding aliens bring havoc to the planet. Once again, the film raked in just under $1 billion at the box office.

Goldblum was the king of the blockbuster.

And while attempting to leave behind his CGI roots with a series of indie hits over the years a la "Igby Goes Down," "Le Weekend," and "The Grand Budapest Hotel," when Goldblum was tempted back for another adventure with the dinos in "The Lost World," we knew a second go-around with the aliens was destined to happen.

Alongside original cast members Bill Pullman and Vivica Fox, he returns as David Levinson, numerical genius and now head of the ESD [Earth Space Defence], who for the last 20 years have been preparing for a second invasion.

At 63, steadfastly youthful in a black leather biker jacket, the actor chats about the genesis of the sequel and why Roland Emmerich waited this long to finally step back in the ring with the extraterrestrials.

He also chats about fatherhood, having his first son with his third wife, Emilie Livingston–a son who was born on Independence Day last year.

And in frank, typically chatty form, he looks back on his career, questions a return to the dinosaurs, and explains why he'll never stop learning.

Was a sequel always in the cards and was it simply a case of waiting for it to happen?

I had a feeling it would happen. I was never certain, but you know, you have a feeling. I'm good like that. Intuitive intuition. Very tapped in. No, Roland [Emmerich] and Dean [Devlin] have been cooking this for twenty years, not to brag but I knew about it, [laughs] I've heard whispers on the green. But for Roland in particular, this is a very personal project. It was never a product he wanted to push out for the box office return, that would have been the easy option. He wanted the script just right.

No one working on this movie ever expected it would have this global response that has reverberated and resonated over the past 20 years. It completely exceeded expectations. We knew we were on to something great, but you can't predict that breed of universal reaction. And for 20 years, we've all been asked when is there going to be more, when is it going to happen? And now we're finally here, pretty much 20 years to the day it came out. Perfect timing.

So four years ago, I met with them, they were going to proceed, they had the script, they had cracked it and everyone was very happy with it. He almost had it right but then the engines were reversed for about two years because he was uncomfortable with the script. It took a while to get things going again.

It wasn't the studio getting nervous also?

No, it wasn't a difficult production to get off the ground. Far from it, the studio has been waiting for 20 years. They were ready with the starter's gun, they just needed Roland's say-so, who is a director I've been passionately wanting to work with again. He really is the DaVinci in his genre, the Shakespeare, the Plato. A defining artist.

And we got the cast back, actors who I have tremendous respect for; Bill Pullman, Brent Spiner, Vivica Fox, and then the new cast, Liam, Jessie, Sela Ward, the talented Charlotte Gainsbourg, do you know her? Have you seen her in Lars Von Triers's "Melancholia?" "AntiChrist," "Nymphomaniac?" Tremendously gifted.

You seem to have really made an impression on Liam...he says he's in love with you!

And it's reciprocated. There stands a beautiful man, inside and out. Yea, really was a pleasure being in his company. Beautiful values and morals, treats everyone he meets with the utmost respect. Like his character, there's that brooding heroism. He is and will be an important actor on our cinemas' screens.

So explain to me what David is up to 20 years later?

He's the head of the ESD, the Earth Space Defence which means I am now, the coalition director of all things national defence, an international cooperative which crosses all borders. I'm kinda an important guy.

Makes sense, he was responsible for offering what little forewarning they had the first time around.

Yes, so who better to man the barracks if the aliens were ever to make a tumultuous return!

Which, when I read the script first, I thought it was an expected career change. What now? He went from working at a cable TV company to this. He was an underachieving guy, who rode a bicycle, frustrated by his surrounds.

And as well, I always thought of him as a scholar, as an environmentalist, he's used much of the downed alien technology to solve many of the world's global environmental problems, simplify our energy needs, rebuild. But as a previously vocal pacifist, there's this contradiction because he's also used this technology to arm a fleet against another attack. Which he knows is coming. He's anticipating a war.

He was in that mothership, he enjoyed and endured a brief taste of their mindset. This is what 20 years has done to David Levinson. He's a changed man.

"I'M NOURISHED BY THE ACT OF ACTING. THAT'S WHAT ABSORBS ME AND DELIGHTS AND APPETISES MY SPIRITUAL PALATE"

How is this invasion different from the last?

How is it different? I think, I…what is interesting about this invasion, it poses interesting questions about them and quizzically, ourselves also which is the creative prowess of Roland Emmerich's writing. There are so many questions that weren't answered in the last one. Where did they come from? What was their intent? Did we really beat them?

The last time, it was an interpretation that they wanted to exterminate our species, all life on the planet and drain our resources. But from this visitation we infer things about them which shines a light on ourselves, our current situation, and what we need to work on.

That's pretty deep for a summer blockbuster.

That's the ever-metamorphosing genius of Roland Emmerich.

I have to say, you haven't aged a day in 20 years. What's the secret?

No secret, no elixir, because I would gladly take it if there was. I look after myself, I eat well and healthily, I work out from time to time, I don't have any debilitating vices.

And I "think" young. I don't think of myself as a young man, because I'm not, I'm far from it. But I try to see things from a younger, more optimistic perspective which can help you look younger. Thinking younger, looking younger. And I'm not saying, trying to physically look younger because that generally has the opposite effect.

I'm also a father now. Charlie Ocean, he keeps me young.

Ocean, I love that name!

Thank you! We hope he will like it too.

And he was born on Independence Day! Sure the studio loved that...

It doesn't get better than that. Joyous coincidence. You know, we were told July 4th but you give allowances for a couple of weeks before, and after—normally a first baby is supposed to be overdue. But sure as you know it, Emilie says, "ohh, I think something is happening," and along came Charlie Ocean on Independence Day. You couldn't make it up.

Now that you've come back to "Independence Day," when are we going to see Dr. Malcolm come back to "Jurassic Park"?

I don't know, I've never received any call to reprise the role for the last one. I wasn't even in the third one either so the answer to that is, I don't know.

CLOCKWISE FROM ABOVE: As Dr. Ian Malcolm in 1993's Jurassic Park; Titles: as Deputy Kovacs in Wes Anderson's The Grand Budapest Hotel and in the recently released Independence Day: Resurgence, as David Levinson

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Would you like to?

I did the first two with Spielberg and I don't know if there's a place for the character in the new world.

Between fighting green screen aliens and green screen dinosaurs, you're a green screen veteran.

It's just an extension of acting, all that green screen stuff, although in "Jurassic Park," some of the dinosaurs were done by Stan Winston's exemplary puppeteering, which was something to marvel at. Ohh, wow you've never seen anything like that.

But acting always has some element of imagination, and in these movies, it's not meant to be. It's fantasy and I'm pretending, that's what I do as an actor. In everything I've done, plays I've done, you're often pretending you're in a place you're not really in, but that's what it's all about. It's a game.

When did you first decide you wanted to be part of "the game?"

When I was a kid, I got the idea early on to be an actor just from watching the greats like Peter Sellers. Ohh the magnificent Peter Sellers in "Lolita," Clouseau, "Being There." Then Brando, people I adored, still adore. And then I remember when, during my last years in high school, every morning I would have a shower and on the steam on my shower door, I would write, "Please God, let me be an actor," and then I would wipe it off before anyone could see it. It was kind of a secret.

Then I left Pittsburgh, moved to New York for four years and studied at the Neighborhood Playhouse and learned under the great Sandy Meisner who taught me to learn to be a piece of nature and appreciate the moment and the movement around you. "Use what exists," he would always say, which has a rainbow of different meanings, but it's my mantra in life. I never stop learning. Even to this day, at this moment, I will never stop learning. Acting is a constant education.

You've been acting now for 40 years, haven't you learned enough at this stage?

These are my acting studies, it's like gardening, it takes constant excavating and over a long period of time, you see growth and life. And it's enjoyable to be in the process of trying and digging and I hope that never ceases.

You starred in two of the biggest box-office-grossing hits of all time but you tend to work on more indie movies lately like "Le Weekend" and "Grand Budapest Hotel." Which are you more comfortable in?

I'm nourished by the act of acting. That's what absorbs me and delights and appetises my spiritual palate. I'm more interested in what it is about and people, if they see it, will they be nourished by it? That's what I care about.

There are many different ways to answer that but predominantly, I don't know. I'm not a determined [person]. From the day I got my first job, there was never any structure or plan. I fell into this because it was a passion that I loved, I went with my gut, and followed what I loved to do. That's a success at life right there.

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NEED4SPEEDDEMONS

WELCOME TO THE WORLD OF THE MOST OUTRAGEOUS, STREET READY HYPERCARS

BY STEVE FREETH

SPEED DEMONS

HAS there ever been a more exciting title than the "Festival of Speed"? Not according to Virgin boss, Richard Branson, who called the yearly adrenaline rush held on the Goodwood Estate near Chichester in England one of the best events “invented in the last 50 years.” And let's face it, he should know. This year’s didn’t disappoint. Some of the most outrageous, street ready hypercars, like the indelible Bugatti Chiron and Aston Martin’s Vantage GT12 Coupe, took to the racetrack for bragging rights to world’s fastest. The discerning crowd also got up close and personal with the latest Formula 1 racers – world debuts like Bentley’s Continental GT3, and classics like BMW’s one off, 1999 Le Mans winner, the V12 LMR. Despite the presence of Formula One driving legends, Sir Stirling Moss and Jackie Stewart – or Hollywood actor Keanu Reeves competing for the first time on an Arch v-twin KRGT-1 motorcycle – the real stars were hitting speeds of over 400 kph. We take a spin with some of this year’s standouts and a few of those bound to be at the party next year.

MAZZANTI AUTOMOBILI'S EVANTRA MILLECAVALLI

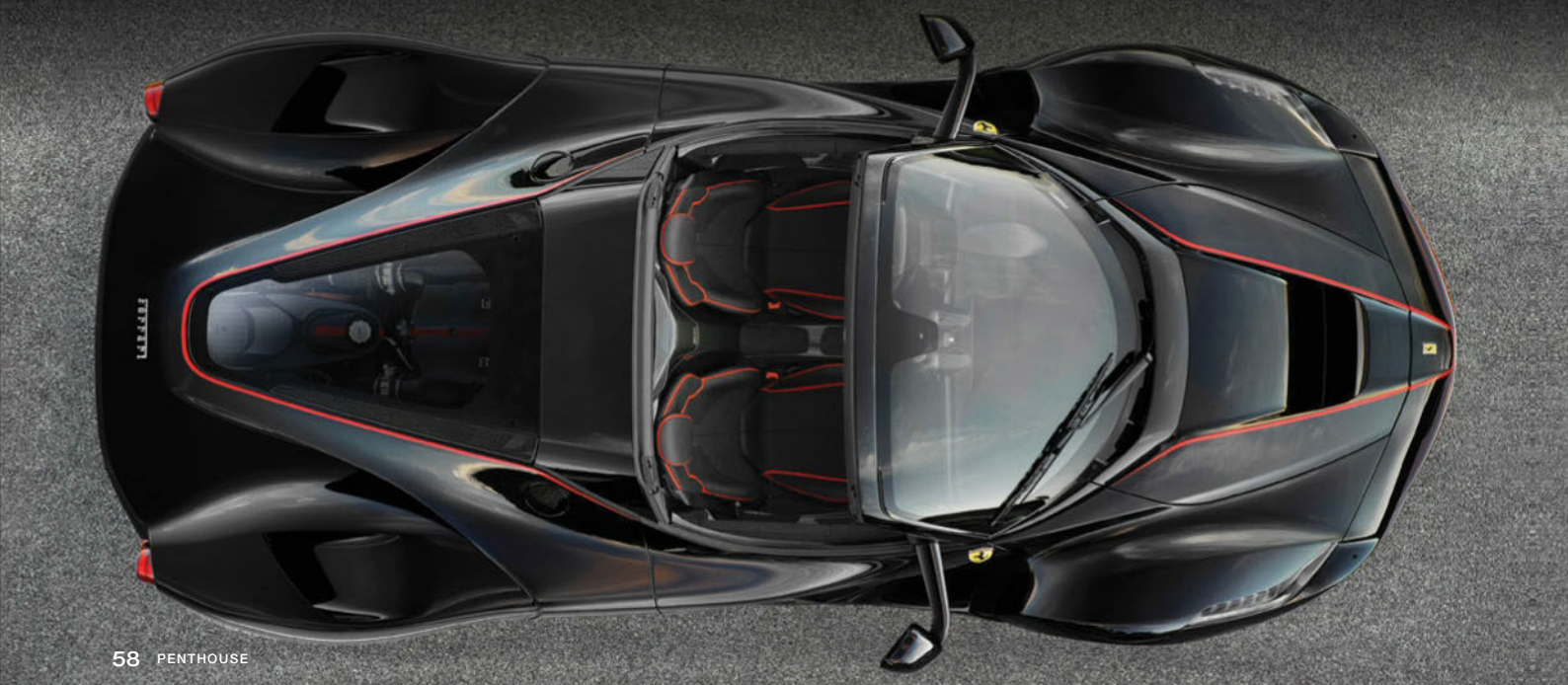
Tagged the "most powerful street-legal Hypercar ever made in Italy", Mazzanti Automobili's Evantra Millecavalli has a 7.2-liter, V-8 bi-turbo engine, goes from 0 to 90 kph in 2.7 seconds, but with custom-made, carbon-ceramic brakes that can pull the car to a halt from 300 kph in only 7 seconds.

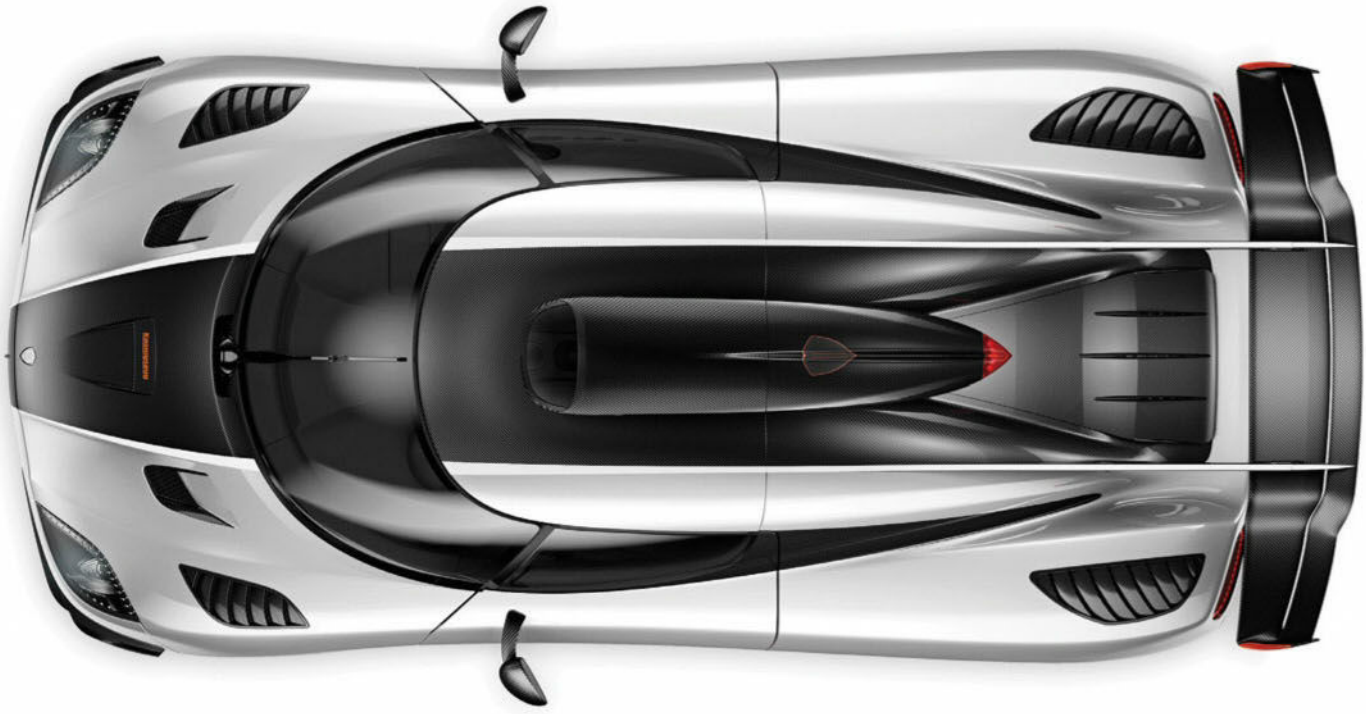
MERCEDES AMG GT-R

The Mercedes AMG GT-R debuted at Goodwood to huge crowd approval, not only for great looks but for the way it nailed the twisting hill climb. Active aerodynamic design, 4-liter twin-turbo V8 engine, 585hp, seven-speed dual clutch transmission and active rear-wheel steering are why many are calling it the ultimate supercar.

LAFERRARI SUPERCAR CONVERTIBLE

A $1M price tag hasn't stopped the LaFerrari Supercar Convertible from selling out ahead of its Paris Auto Show debut in October. This limited edition, carbon-fibre hard or soft top, features the "F1 derived hybrid" combining an electric motor and Ferrari's classic V12 to go from 0 to 200 kph in under 7 seconds.





KOENIGSEGG ONE:1

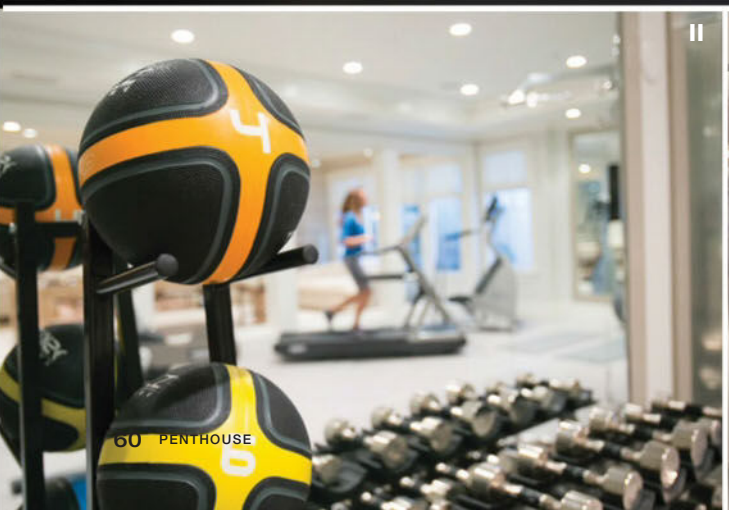
Sweden's Koenigsegg calls its limited production One:1 the "world's first megacar" and they're not exaggerating. Batmobile-like styling marries a pre-impregnated carbon fibre / Kevlar body with Le-Mans inspired active wings to a twin-turbocharged V-8:1 that goes from 0 to 400 kph in 20 seconds and reportedly reaches 430 kph.

ELEMENTAL RP-1

Also debuting was Elemental's first road ready RP-1. This carbon fibre "racecar for the road" features F1-style drive positioning, pushrod suspension and a 2-litre model that explodes from 0-to-90 kph in less than three seconds and hits an estimated top speed of 260 kph.

PHOTO: MEDIA CENTRE

HOCK



FITNESS

HOME BODY

IF you're one of those people doing the gym "churn" you're not alone. 32 per cent of gym joiners drop their membership in the first year and under half stay any longer. We all know why of course – the guys grunting at the top of their voice, the old equipment, the crap soundtrack, the weights wait, that weekly bill whether you've been or not, and did I mention the animals in "meggings" or "nip slip" tanks?

While most of the 5 million Aussies with a gym card will just move on to yet another "sweat shop", some of the $9B a year we're spending on gym memberships and equipment is now heading home. In fact, designer gyms have become the latest must-have in premium homes and are rapidly filling with high-tech, luxury gear that's always available and not soaked in sweat (except your own).

Germany's **Hock Design (I)** has been busy reimagining fitness products as high end, immaculately engineered art pieces. Their limited edition, 18 carat gold and Grenadilla wood dumbbells, Goldlofts, may have got all the headlines, but they're bringing the same aesthetic to push up bars, turned walnut wood weights and speed ropes.

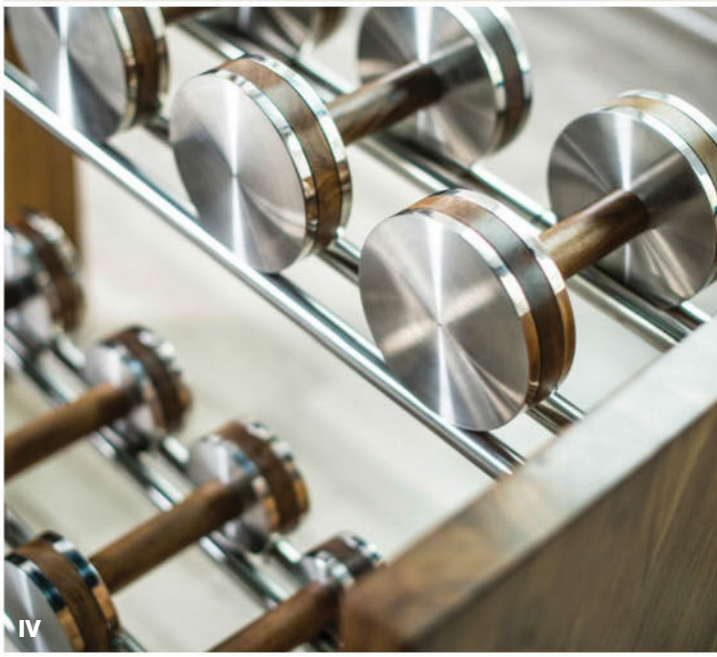
FitnessDesignGroup™ (II) is a specialised design and wellness consultancy based in California helping to redefine what's possible in home fitness. FDG's customised, beautifully designed environments balance architectural, fitness and equipment considerations, whether for a full-size, dedicated home gym or more flexible spaces.

Technology has been an eager gym buddy since the first iPhone, but **Smart Rope (III)** by Tangram pushes the possibilities even further. Calling it the "Evolution of a classic", Smart Rope comes with embedded LEDs and sensors that monitor and spell out all your workout metrics in mid-air even as you skip.

PENT.(IV) has created the complete "Luxury Fitness Equipment" suite for the home gym or personal fitness studio. Blending science, design and workmanship, PENT.'s weights, wall exercise bar and gym bench are beautifully crafted in European walnut, stainless steel and leather.

You don't have to be Kevin Spacey in HBO's hit House Of Cards to work out on the ultimate rowing machine. The **WaterRower V)**, designed by U.S. rowing champion John Duke, is not only luxuriously built in American black walnut, but the submerged flywheel delivers the feel and impact of rowing on water.

III



IV

V

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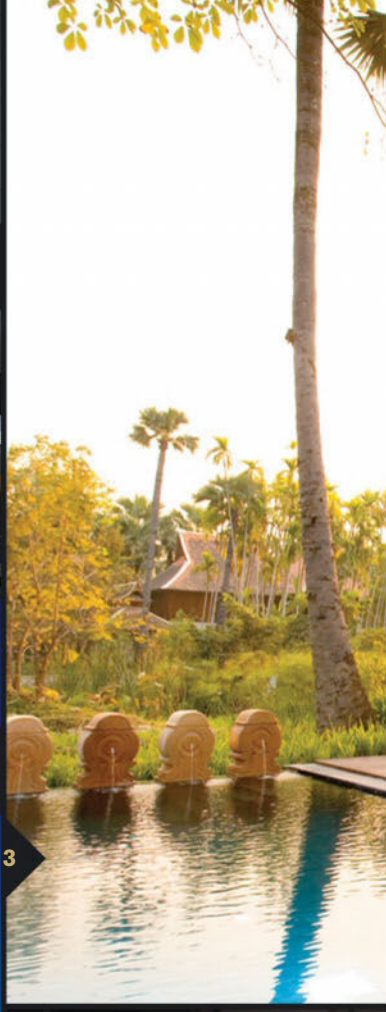

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PHOTO: PABLO VEIGA

PHOTO: MEDIA CENTRE

WELLBEING

HANDS ON

The ancient Greeks and Romans did it, and most men in eastern Europe and the middle east still do, but for some reason, spas became an all girl zone for decades in the west.
Cool, new spas just for men are springing up around the world – along with a growing list of treatments aimed at helping men unwind, detox and look good, including sports or deep tissue massages, pedicures and facials using products developed specifically for male skin. Step inside some of the world's best and get ready to relax.

One of the best-looking examples floats 33 floors above incessant Tokyo in the ultra luxurious **Aman hotel (1)**. This spacious, calming spa comes with a 30m black granite pool that seems to end out in the clouds, blending Japanese tradition and contemporary design, providing natural treatments derived from medicinal herbs.

Check-in to the gorgeous **Fasano Punte del Este hotel (2)** in Uruguay and head straight to one of the world's sexiest spas. This sleek, contemporary compound with wild natural views comes with heated indoor pools, saunas, steam room, fitness centre and massage rooms.

The Thais have a PhD in chill, and the **Dheva Resort Spa (3)** in Chiang Mai is one of the world's most beautiful. Located in acres of lush gardens and ornate, Buddhist-inspired buildings, Dheva's teak treatment rooms offer cures and massages from around the globe.

You'll want to unwind after a few white knuckle hands of poker at **Aria Casino (4)** in Las Vegas – luckily the spa's a standout. High-tech design comes with an infinity outdoor therapy pool and private suites, plus heated Japanese stone beds and the luminescent Shio Salt Room to improve breathing.

Espa Life at London's **Corinthia Hotel (5)** calls itself the "next generation of spa" and it looks it. Spread over four floors, this space age retreat features a dramatic thermal suite floor, indoor swimming pool, vitality pool, amphitheatre sauna, ice fountain, marble heated loungers and private sleep pods.

Behind closed doors and up an elevator lies **Man Cave Sydney**, Sydney's premier and exclusive Medispa for men. We recently paid a visit and didn't want to leave. By the time we'd taken a seat on the leather couch, poured a whisky and turned on the TV, we were ready to hole up for the day.

Man Cave Sydney is for men who want to look good and feel great. They deal in all matters of men's health, discreetly and professionally. Want to get rid of a bit of fat? No worries. Do you sweat a little too much? Not for long. Have a date coming up and want to freshen up your face? You will also find anti-wrinkle treatments, laser hair removal, hair restoration and our favourite, the facial treatment.

Content with our surrounding we quickly forgot about our appointment until two beautiful women greeted us, and led us whiskey in hand to our room. If you've never had a facial – or as we call it, a "vacation for your face" – go get one, they're amazing. The best thing is, it's so discreet, no one will ever know what you're up to, it's your own secret inner city sanctuary. And rest assured, knowing that treatments and performed under Doctor supervision.

INFO

R U OK?

After 25 years in the job as head lifeguard at Bondi Beach, Bruce "Hoppo" Hopkins has witnessed plenty of heartbreak as the result of lives lost by suicide, and it's one reason he decided to become an R U OK? Ambassador.

Why did you become an R U OK? Ambassador?
I've had a few mates and even family who have lost loved ones to suicide and my job has also put me in a position where I've had to retrieve the bodies of people who chose to end their life.

I've held some of these people in the water and not one of them has said, *I'm so glad I did this*. They have all regretted it. They just didn't know how to get away from their pain.

What steps can people take do you think?
I really believe in the importance of having meaningful conversations with family, friends and workmates to help people feel less alone or then spiraling into taking such tragic action.

I'm passionate about inspiring people to have conversations, especially with someone they suspect might be experiencing mental or emotional pain.

How do you manage the stresses of life?
My resilience comes from having to stay fit and through my love of surfing. Surfing relaxes you and takes your mind off things. I believe doing things that you really love is the key.

Why is R U OK? so important to you?
Talking to mates and not being afraid to open up is what we should be striving for. And if you are the one who's struggling, remember that people do care and want to be there for you, so let them in.

Steps to ask a mate:

1. **Ask R U OK?**
2. **Listen without judgment**
3. **Encourage action**
4. **Check in**

For tips to start a conversation, or information on Australian helplines, visit www.ruok.org.au

For immediate support, call Lifeline on 13 11 14.

Who will you ask?

Your mate?

Your sis?

Your dad?

Your neighbour?

Start a conversation. Make a difference.

Visit ruok.org.au for tips

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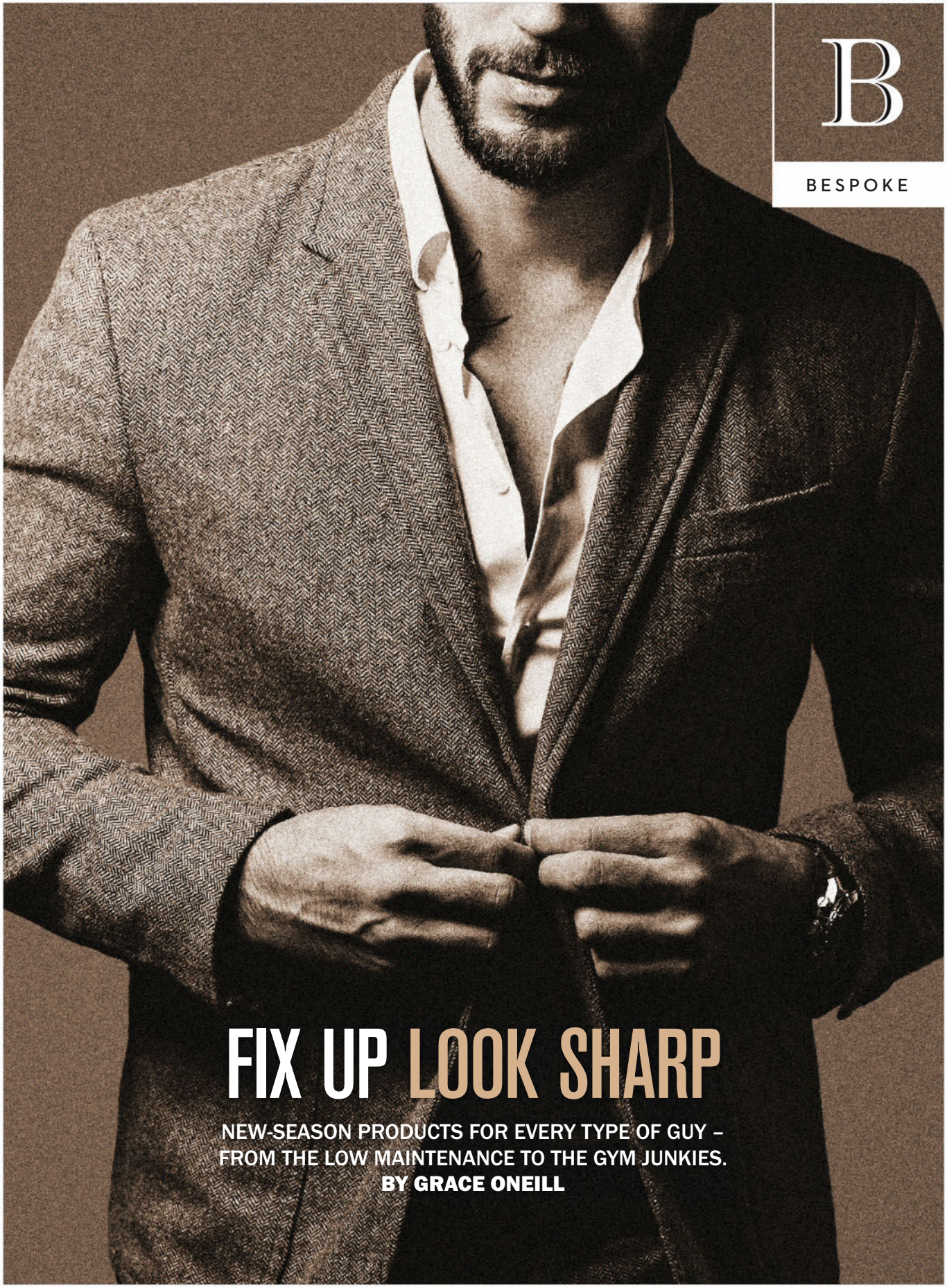

FIX UP LOOK SHARP

NEW-SEASON PRODUCTS FOR EVERY TYPE OF GUY – FROM THE LOW MAINTENANCE TO THE GYM JUNKIES.

BY GRACE ONEILL

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HEALTH HOW-TO: SKINCARE

HUNTER LAB'S ELLIOT WALDRON GIVES US THE LOW-DOWN ON PREPARING YOUR SKIN FOR THE WARMER WEATHER. WORDS: ELLIOT WALDRON

As spring approaches, the majority of us are focused on stepping up our exercise routines and spending more time in the sun. But it's worth remembering that any seasonal transition can also mean bad things for your skin. As our bodies adjust to the increased temperature, our sweat production increases, which – while being good for lubricating and protecting the skin – means the flushing out of built-up toxins.

You may be noticing around this time that your skin is prone to random breakouts, dryness and an overall tired look – especially if you find yourself washing with just water, and neglecting the use of an effective moisturiser.

Your first important lesson? Water is never enough. It doesn't penetrate the thicker outer layers of our skin deep enough to clear dirt and dead skin build up, which is why the use of an everyday cleanser is so important. I use Hunter Lab's Cleansing Facial Scrub ($39, hunterlab.com.au), because it also has an in-built exfoliator.

On the moisturising side of things, neglecting the use of a daily moisturiser not only leaves skin dehydrated, it also stops the skin from absorbing important vitamins, minerals and good oils. I use Hunter Lab's Daily Face Fuel ($49, hunterlab.com.au).

Many men don't follow the all-important "cleanse, exfoliate, moisturise" routine; but the three-steps are all incredibly important if you want to hit the beach come summer with clear, unblemished skin.

Balls in your court, gents.

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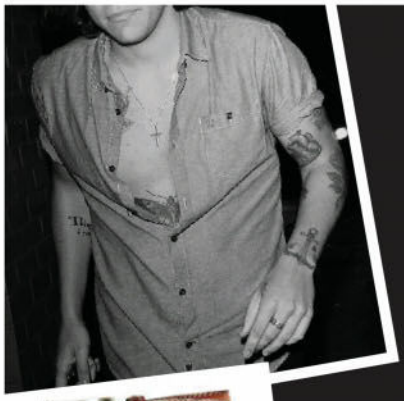

THE TEN STYLE COMMANDMENTS

AS MEN'S FASHION WEEK WRAPS UP IN NEW YORK WE HONE-IN ON THE TEN TRIED-AND-TESTED STYLE TRICKS THAT GIVE THE WORLD'S BEST-DRESSED MEN THEIR STYLISH EDGE.

I
Don't underestimate the value of accessories: a pair of sunglasses can make or break an outfit.

II
Don't forget to match your belt and your shoes.

III
Don't ever wear more than three colours at once.

IV
On that note, don't be afraid to play with a bold colour every now and again.

V
Don't button your shirts or jackets all the way to the top.

VI
Don't go anywhere with an unkempt beard – trim before you leave the house.

VII
Don't wear baggy jeans. It's not 2004.

VIII
Don't ruin a good outfit with a shit pair of shoes.

IX
Do wear navy instead of black.

X
Don't forget that women love a well-dressed man.

SKINCARE: URBAN HIPSTER

- **OUR M.O:** A barista/bartender with a full sleeve of tatts on both arms, and a perfectly manicured beard.
- **LIKELY TO BE SPOTTED:** In cool, hidden-in-an-alleyway bar in Melbourne's Fitzroy or Sydney's Newtown, discussing the changing nature of the craft beer industry.
- **LIKELY TO BE HEARD SAYING:**
  "I only drink pale ale."
  "Do you sell cold drip coffee?"
  "I can't believe you haven't read 'Burrough's on Drug Culture' before."
- **YOUR HEALTH ROUTINE:** While a gym membership isn't quite your style, you will balance your hedonistic eating and drinking habits by opting to cycle – rather than drive – everywhere.
- **PRODUCTS TO INVEST IN:**
  1. PROFESSOR EDWARD J. FUZZWORTHY'S BEARD CARE GLOSS TIN, $19.36, BEEBEAUTY.COM.AU
  2. LUSH DIRTY SHOWER GEL 100ML, $8.95, LUSH.COM.AU
  3. DR. BEEGOOD'S TATTOO PRESERVER, $22, BEEBEAUTY.COM.AU

SKINCARE: CLEAN-CUT SUIT

- **OUR M.O:** A modern-day Patrick Bateman type (sans the whole "serial killer" thing) – you're clean-shaven, well built and wear an Armani suit to your 9-5 job at an investment bank.
- **LIKELY TO BE SPOTTED:** Drinking an espresso and reading the Australian Financial Review by day; drinking an espresso martini and discussing the Australian Financial Review with fellow corporate types by night.
- **LIKELY TO BE HEARD SAYING:** "I work hard, but I play even harder." "Perfect sailing weather this Sunday." "I bought my first investment property when I was 25."
- **YOUR HEALTH ROUTINE:** Elaborate. Your gym membership (paid for by the company) means five workouts a week: A mix of cardio, weight training and/or F45 circuit classes; plus you're a stickler for a good skincare routine – and it shows.
- **PRODUCTS TO INVEST IN:**

1. CZECH & SPEAKE AIR SAFE MANICURE KIT (4PC), $435, MENSBIZ.COM.AU
2. CLINIQUE FOR MEN SONIC SYSTEM DEEP CLEANSING BRUSH, $135, MENSBIZ.COM.AU
3. JACK BLACK PROTEIN BOOSTER SKIN SERUM 60ML, $109, MENSBIZ.COM.AU

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SKINCARE: FITNESS JUNKIE

- **OUR M.O:** : A sporting enthusiast who treats his body like the temple it is.
- **LIKELY TO BE SPOTTED:** Enjoying an obnoxiously healthy breakfast at a Bondi café at 7:30AM on a Sunday morning, while still wearing the cycling skins from your 20KM ride.
- **LIKELY TO BE HEARD SAYING:**
  "Is this gluten free?"
  "I'm really low in magnesium at the moment."
  "I don't drink during the week."
- **YOUR HEALTH ROUTINE:** Is your life. It's all about the perfect balance of a nourishing diet and an all – encompassing approach to exercise – with an intricate understanding of the importance of supplements, thrown in for good measure.
- **PRODUCTS TO INVEST IN:**
  1. ELEMIS ACHING MUSCLE SUPER SOAK 400ML, $79, ELEMISAUSTRALIA.COM.AU
  2. UP3 BY JAWBONE IN 'BLACK TWIST', $230, JAWBONE.COM
  3. MITCHUM ADVANCED 48HR PROTECTION DEODORANT, APPROX. $3.89, MITCHUM.COM.AU

SKINCARE: LOW-MAINTENANCE MAN

- **OUR M.O:** A totally normal guy who has more interest in a good old-fashioned piss – up than in fashion, fitness or anything that involves too much upkeep.
- **LIKELY TO BE SPOTTED:** In a pair of Australian flag board shorts, holding a VB tinnie, while listening to the Triple J's Hottest 100 countdown at a house party.
- **LIKELY TO BE HEARD SAYING:**
  "Big one last night boys!"
  "I only went to Splendour to see Flume."
  "Anyone want to play FIFA?"
- **YOUR HEALTH ROUTINE:** Minimal.
- **PRODUCTS TO INVEST IN:**
  LAB SERIES SKINCARE FOR MEN PRO LS ALL-IN-ONE SHOWER GEL, $35, MENSBIZ.COM.AU
  AMERICAN CREW 3-IN-1 TEA TREE 450ML, $29.95, MENSBIZ.COM.AU
  JACK BLACK SLEEK FINISH TEXTURE CREAM, $26, MENSBIZ.COM.AU

SKINCARE: MODERN-DAY HIPPIE

- **OUR M.O:** You're vegan, with long hair and matching beard, and are trying to channel your inner Christopher McCandless in this harsh, capitalist world.
- **LIKELY TO BE SPOTTED:** Planning a three-month backpacking trip around Guatemala with your tattooed, yoga teacher girlfriend over vegan tacos and peppermint tea.
- **LIKELY TO BE HEARD SAYING:** "Have you seen Cowspiracy?" "I can't make it, sorry. I have an appointment with my naturopath." "Is your shirt made of hemp?"
- **YOUR HEALTH ROUTINE:** You get plenty of incidental exercise from walking everywhere (driving is terrible for the environment), and your plant-based diet does wonders for your already sun-kissed skin.
- **PRODUCTS TO INVEST IN:**
  LUSH 'THE GUV'NER' DEODORANT POWDER, $15.95, LUSH.COM.AU
  LAYRITE NATURAL MATTE CREAM, $32, MENSBIZ.COM.AU
  LUSH 'CACA BRUN HENNA' HAIR SOAP, $25.95, LUSH.COM.AU

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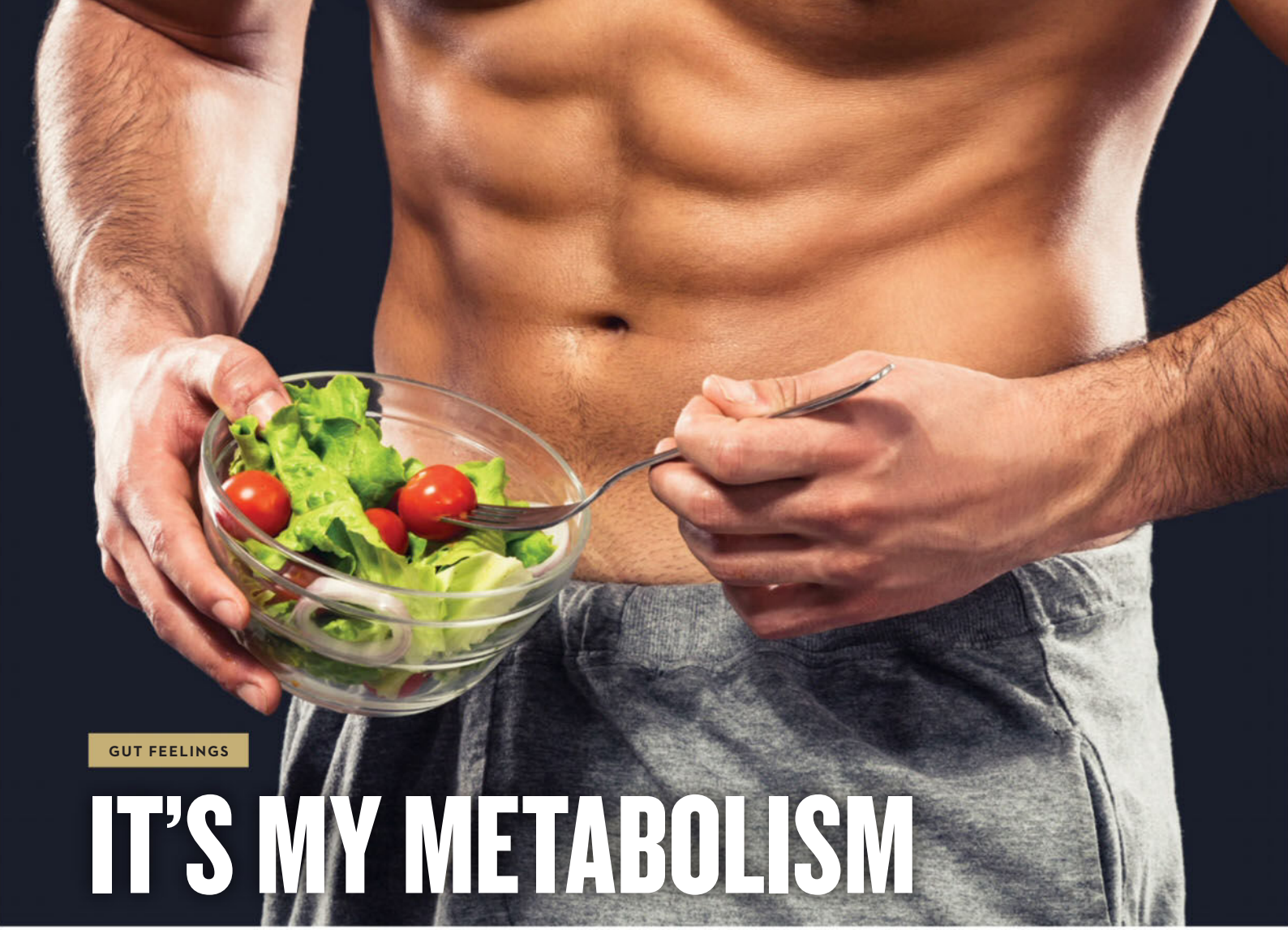

GUT FEELINGS

IT'S MY METABOLISM

PUT simply, metabolism refers to all of the chemical processes going on in your body that give us the energy and sustenance to live.

You may have inherited you father's slow metabolism, but the good news is you're not stuck with it. Contrary to popular belief, your metabolism can be tricked into working more efficiently. Here's how.

> **Choose the right foods**. Not all foods are created equal and some take more energy to break down than others. The smoothie revolution has taken the world by storm, but it might actually be doing more harm than good. The body is expending much less energy to break down the nutrients than it would if we were eating the food in their solid forms. By consuming natural, unprocessed whole foods like lean meats, vegetables, fish and fruit, you're ramping up the Thermic Effect of Food (TEF) and expending more energy to digest them.

> **Strength and weight training to make muscle.** One of the most effective ways to fire up your metabolism is to increase your muscle mass. Muscle is comprised of metabolic tissue, requiring energy to build it, use it and maintain it. The most effective way to develop muscle mass is weight training, so if you haven't already, integrate it into your daily routine.

> **Incorporate HIIT into your workout.** High Intensity Interval Training is a thoroughly effective way to shorten your workout and keep those calories burning even after you're done. HIIT is a training technique that combines repeated intervals of quick, highly intense bursts of exercise with short periods of recovery. Start by running or cycling all out for 30 seconds, followed by a recovery period of 90 seconds. Repeat nine times and in less than 20 minutes you will have activated your metabolism for days.

> **Start the day off well.** For your metabolism, breakfast really is the most important meal of the day. Rather than start the day eating sugary, carb-laden cereals, why not try a breakfast rich in protein? Think eggs, Greek yoghurt and lean steak or chicken.

HIGH INTENSITY INTERVAL TRAINING IS A THOROUGHLY EFFECTIVE WAY TO SHORTEN YOUR WORKOUT AND KEEP THOSE CALORIES BURNING

These are all foods that take a lot of energy to digest, so just the act of eating them can catapult your metabolism into action. Eating protein in the morning will also keep you feeling fuller throughout the day, meaning you're less likely to snack.

> **Water is your friend.** Water is essential to the metabolic and digestive processes. Without it, your body can't effectively extract all the nutrients from the food you eat, and your metabolism will come to a sudden stop. Aim for 2-3 litres of water a day, and increase that on days when you're training. The water you drink in tea and coffee counts too, but make sure it's predominantly the fresh stuff.

FORGET SUPERFOODS, MEET ADAPTOGENS

Adaptogens are a unique class of plant with healing qualities. They help balance, protect and restore the body. Mostly, they help lower your levels of cortisol. Also known as the ageing hormone, cortisol can affect every physiological system in your body. When levels get too high, your adrenal and sympathetic nervous systems go into overdrive, resulting in an increase in blood pressure, sending your body into a state of constant stress.

Adaptogens improve your body's ability to adapt to stress, normalising physiological functions and getting your cortisol levels under control. They improve stamina, strength, endurance, energy and mental clarity – perfect for those in fast-reflex, high-risk occupations.

5 POWERFUL ADAPTOGENS

Ginseng The root is commonly found in dried form and can be infused into an herbal brew.

Holy Basil, or **Tulsi**, Most often used in a tea, so once it's ready to harvest steep some leaves in boiling water, strain and drink.

Rhodiola Rosea These come in tablet form, and can be found in any good health food store. Doses will vary person to person, but check the bottle for specifics.

Ashwagandha Traditionally the powder is mixed with warm milk and honey and taken before bed.

Licorice Root is most commonly found in tea form, and drinking one cup a day can enhance energy levels.

DIET MYTHS DEBUNKED

Trying to lose weight by doing *6-Second Abs*? Workout buddy is getting you onto his new "kickass" Goji Berry supplements? Doing cardio sessions on an empty stomach to maximize weight loss? If you answered yes to any of these, you've fallen victim to bro-science, my friend. And there's plenty of it going around.

Don't fear, however. To help you out, we put together our top scientific minds to debunk the biggest health and fitness myths making the rounds at the moment.

SATURATED FAT

It's not, as previously believed, bad for heart health or weight gain. In fact, saturated fat can definitely be good for you if it comes from healthy sources: organic coconut oil and butter, free-range eggs, grass-fed meat. With a balanced diet, and from the right sources, it can be beneficial.

MANY SMALL MEALS HELP BOOST THE METABOLISM

Actually, it is the total amount of food eaten in a day that makes a difference, regardless of how many or how few meals you eat. As long as the calorie intake is the same, it doesn't matter if you gorge or graze. Portion and quantity control is key.

CARBS MAKE YOU FAT

Not on their own they don't! Carbohydrates are the body's main source of fuel, so we do need them. But it's the type of carbs you eat that can result in more fat cells in the body. Eating a balanced diet higher in complex carbs (beans, whole grains and vegetables) and lower in processed carbs (white bread and white rice) is recommended.

FOOD EATEN AFTER 8PM WILL BE STORED AS FAT

False! That chocolate bar you ate in the middle of the night isn't going to negate your six-pack. You need a certain amount of calories each day, and it doesn't matter when you consume them. Calories are stored depending on whether you've been active during the day. Your body will then use those calories to build muscle when you're asleep. So if you haven't been active, the calories will be stored as fat.

EGGS ARE EVIL

Actually, they're pretty great. Whole eggs used to be seen as bad for the heart and cholesterol levels, because of the yoke. But eggs are rich in phosphorus, which is essential for healthy teeth and bones, and are full of vitamins A, B, E and D. They also help release serotonin, which makes you happy. As long as you're eating good quality, free-range eggs, they are great for the body and mind.

MEET THE CLEAN LIVING COOK

LUKE HINES

How did you become The Clean Living Cook?
For ten years as a personal trainer, I had always desired a larger platform to spread my message about healthy living and being the best version of yourself. So when I saw the opportunity to audition for *My Kitchen Rules*, I couldn't pass up the chance to be in front of millions of Australians, five nights a week, inspiring them to get back into the kitchen and cook healthy food that tastes great! I was fortunate enough to get into the competition, and make it to the finals! Now four years down the track and seven books later I am so blessed to be coining the term "The Clean Living Cook" from the work I do writing, showcasing and inspiring people to cook epic food that makes them feel great!

What advice would you give people looking to kickstart their healthy eating journey?
First and foremost, my advice is for people to understand that the only person who can change their life is themselves. We can't be waiting for a magic pill, or someone to come and "save them", it is about being accountable to yourself, making small, incremental, sustainable changes for the better, each and every day until it becomes a habit.

What's the biggest/most common mistake people make when starting a new fitness regime?
I often see so many people take on too much too soon, making changes that are too drastic, too dramatic and unsustainable in the long term, so they burn out, wear themselves down and end up crashing in a heap, because their body and mind were not ready for the changes. You need to remember how long you may have been making poorer choices in your lifestyle – it isn't an overnight fix. Sustainability is the key to enjoying it and sticking to it long term.

Most overrated diet trend?
Anything short term, quick fix, drastic or restrictive. So many diets based on those philosophies have a low success rate due to the fact they are unsustainable in the long term, not realistic with work and family commitments, and often lead to a very unhealthy relationship between us and our food. We should cook, prepare, choose our food with love.

Guilty pleasure/comfort food for a cheat day?
I am a massive fan of creating easy, nutrient dense desserts, packed with naturally occurring sugars, good fats and well-sourced proteins. That way, I can enjoy the incredible taste of a sweet treat, while still doing my body some good with nutrients, vitamins and minerals!

What are your predictions for the next five years in the health & fitness indust
I predict people will have a healthier relationship with food, feeling less defined or restricted by names of diets, or putting a label to certain styles of eating, and more simple celebration of foods that work for them. Everyone is different, and it is about time we start celebrating bio-individuality!

Tell us a bit about your newest book, Eat Clean. How involved are you in the whole process, from inspiration to publication?
I am so excited about Eat Clean! This book is my first solo outing as an author, and from conception, I have been hands on with my incredible publisher PLUM! I developed a pitch, and we were all on board with my ideas, then we worked together structuring chapters, followed by the actual months of testing and trial and error. Once I had tested all 100 recipes, I submitted them to the editors; we made some tweaks and over two whole weeks we shot each and every photo for the book! It was such a fun, exciting, and delicious experience! We have so many amazing people who work on set, bringing it together with their expertise in photography, styling, cooking and design! I am blessed to be sharing this book with the world!

You've been selected to be on the first mission to Mars -- before leaving you have what might potentially be your last meal. What is it and who cooks it?
It's a slow-roasted lamb shoulder with cauliflower puree, finished with a healthy version of a self-saucing chocolate pudding, topped with berry calls and homemade vanilla bean ice cream. Jeff Probst, the host of American Survivor, cooks it. I don't know if he can cook very well, but I'd love to pick his brain and learn more, he's my biggest inspiration as a presenter, producer and director.

OVERRATED/ UNDERRATED

- Snapchat OVER
- Avocado UNDER
- Meditation UNDER
- Tea OVER
- Surfing UNDER
- Kombucha UNDER
- Bondi Beach OVER
- Taylor Swift OVER
- Dark chocolate UNDER
- Gym selfies OVER
- The man bun UNDER
- Protein shakes UNDER
- Craft Beer OVER
- Broccoli UNDER

HEALTHY HABITS

DINING ETIQUETTE AROUND THE WORLD – THE DO'S AND DON'T'S

YOU'RE generally pretty savvy when it comes to dining etiquette, right? But what if you find yourself in a restaurant on the other side of the world, and all of a sudden you've got people yelling at you in a language you don't understand, for something you didn't even realize you did wrong? Avoid looking like a tourist and dust up on a bit of local etiquette.

Japan

Good news! It's rare to tip staff in Japan, as it is seen as very rude. Also, chopstick etiquette is pretty rigid: don't lick them, cross them, or stick them vertically into the bowl. More good news – you're invited to slurp as much as you like. Spoons are not always provided and slurping sends your compliments to the chef, so slurp away.

Italy

Italians are widely considered to be warm, friendly people. But eat before the host says, "Buon appetito!" and it's your ass. Don't start your meal before you've been invited to. Also, don't ask for more cheese, however much you might want to, and only take it if it's offered. To make sure you're looked after (if you plan on going back), remember to leave a five to ten percent tip.

India

Make sure you're hungry, because leaving food on the plate is considered disrespectful. You should never waste good food. Do thoroughly wash your hands before eating, because these will be your utensils (but you should be doing this regardless). Cutlery is rarely provided, but don't use your left hand to eat because it's thought to be unclean (hint: it's the wiping hand). Sharing is encouraged, so share away with fellow diners, just don't offer them food from your own plate.

AVOID LOOKING LIKE A TOURIST AND DUST UP ON A BIT OF LOCAL ETIQUETTE

China

Being punctual to a meal is considered very good manners in China, so get there on time. Also, dressing well is a sign of respect for your companions. As with Japan, restaurants often have a no-tipping policy, so don't tip. Make sure you leave a small bit of food on your plate at the end of your meal, as doing this demonstrates your host's generosity. Also, feel free to burp loudly to show the chef how much you enjoyed the food.

France

As with Italy, eating before your host says, "Bon appetit!" is very offensive. Keep your hands visible. When not using your utensils, rest your wrists on the table, not your lap. Don't ever cut your lettuce (sacré bleu!). Leaves should be folded into a little bite-sized bit using your knife and fork. Most meals will come with delicious fresh bread, which you will want to bite straight into, but don't do it! Tear bits off instead. Afterwards, don't set the bread on your plate. Use the tablecloth instead.

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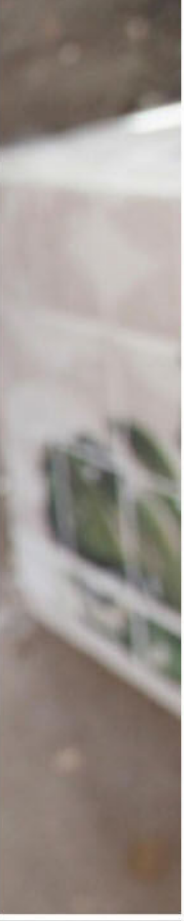

FOOD TRENDS

BEST HEALTHY RESTAURANTS

> GIRDLERS, Sydney NSW

Owned and run by former professional league player, Ryan Girdler and his wife Katja, Girdlers has one of the best locations on the Northern Beaches. The view is glorious and the food philosophy is simple: comfort food with a healthy twist. Their extensive menu changes seasonally and utilises the simplest, finest, most wholesome ingredients. All of it is completely unprocessed and sugar-free, with 99% of it made on site. They even have locally sourced kombucha on tap. Girdlers is on the Strand, in Dee Why.

THE FOOD PHILOSOPHY IS SIMPLE: ALL OF IT IS COMPLETELY UNPROCESSED AND SUGAR-FREE, WITH 99% OF IT MADE ON SITE

> MAPLE + CLOVE, Canberra ACT

Open seven days for breakfast and lunch, Maple + Clove is one of Canberra's best-kept secrets. The menu boasts a range of whole food items, free from processing and as close to their natural state as possible. The chefs use natural fats from nuts and avocados, and natural sweeteners in all their food, packing every dish full of ingredients that are both immune boosters and rich in antioxidants. All of their food is handmade on the premises daily. Maple + Clove is located in Realm Park, Barton ACT.

> BSKT, Gold Coast QLD

BSKT's founders have big dreams: they want to make the entire planet a healthier place to live. They're fuelling a food revolution using only the highest quality ingredients available, and debunking the myth that vegan and paleo foods can't be nutritious and delicious. Alongside their vibrant menu, BSKT has a range of sugar-free whole foods that are handcrafted on the Gold Coast using high-quality plants. They also run yoga classes and serve CocoWhip, the coconut derived alternative to ice cream. BSKT is on Lavarack Road, Mermaid Beach.

> THE CARDAMOM POD, Gold Coast QLD

From the team behind the infamous Byron Bay Bliss Balls comes The Cardamom Pod, a vegetarian café with delicious Indian flavours. Their creative menu is entirely vegetarian, with loads of vegan and gluten free options thrown in there too. "Nourish by Nature" is their food philosophy, and their food is fresh, tasty and on trend. They have a scrumptious dessert selection with a few raw offerings and a great mocktail list too. The Cardamom Pod is on the Gold Coast Highway, in Broadbeach.

HEALTH TRICKS AT HOME

Being healthy at home can be challenging. Here are few easy things you can do to stay balanced at home.

Kombucha home brew kits are available to buy online for as little as $15. Kombucha is a naturally fermented tea drink that helps improve digestion, boost your immune system, maintain liver health and get rid of bloating. The kits come with easy-to-follow steps and everything you need to create kombucha at home.

Kefir kits are also available online from around $25. There are two different types of kefir: milk and water. Both are rich in probiotics, and milk kefir is certainly more popular, but water kefir has the advantage of being lactose-free. Milk kefir is similar to a healthy drinking yoghurt, and water kefir more akin to flavoured water, but better for you. Kefir is a great way to add probiotics to your daily routine, and making it yourself is cheaper than buying it from the shop.

If both of those fall into the Too Hard Basket, another simple way to boost digestion in the morning is **drinking warm water with lemon** before breakfast. It flushes out toxins, balances your pH levels and improves digestion. For an extra kick, add some grated ginger to active your metabolism, ready for the day ahead. Together, they help detoxify the body creating a balance that will add endurance and focus throughout the day

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"No, it's just me here. And a Diet Coke...I'm trying to eat healthy."
"...Right."

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Model: Ksenia Surina

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PIZZA

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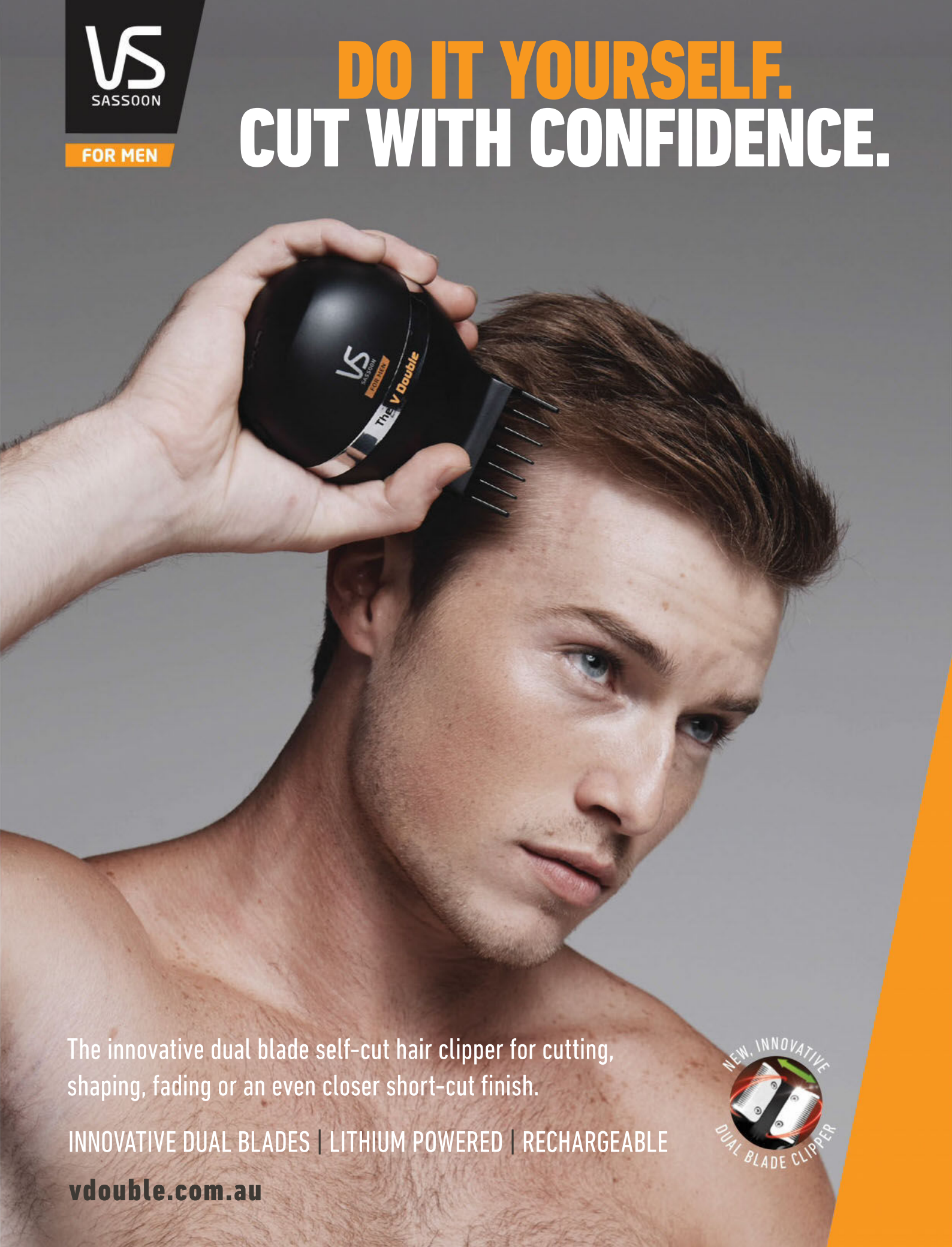

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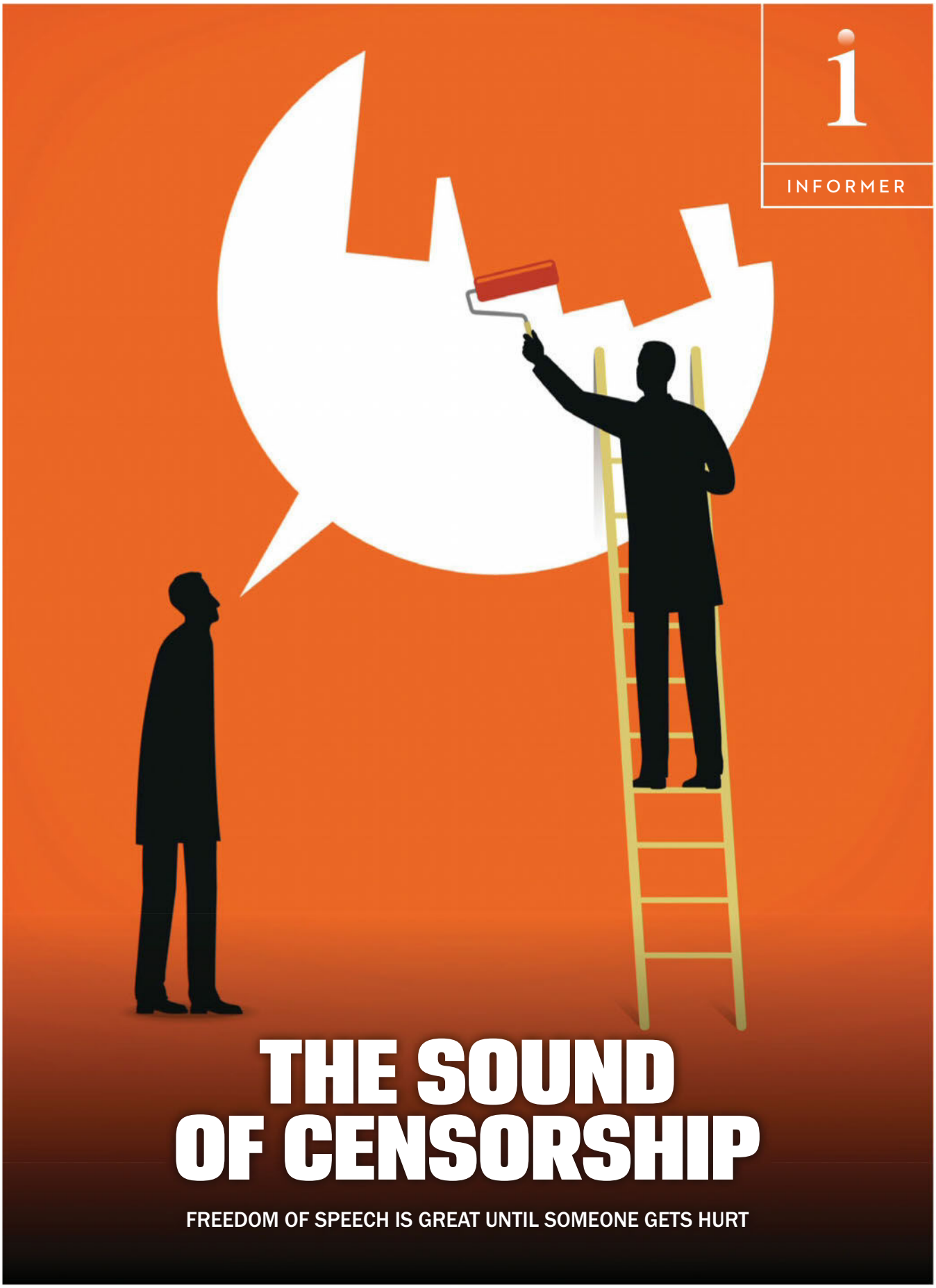


THE SOUND OF CENSORSHIP

FREEDOM OF SPEECH IS GREAT UNTIL SOMEONE GETS HURT

CENSORED

ENJOY THE SILENCE

FREEDOM OF SPEECH IS UNDER THREAT AROUND THE WORLD. BUT WHAT DO UNIVERSITY STUDENTS, ISLAMIC JIHADISTS AND A TWITTER HASHTAG HAVE TO DO WITH IT? **SEAN BRUCE** INVESTIGATES

WHAT does a controversial hashtag, a journalist fearing for her life, a dead cartoonist and Yale University activists have in common?

They all represent, in one shape or form, a reduction in our collective belief in the right to free speech.

How are all these events and people related to one another? Surely something as innocuous as a university protest can't be as serious as the killing of another human being, right?

While the brutal killing of cartoonists (as happened in France in 2015) by religious zealots is far more disturbing than students preventing guest speakers from talking (a practise known as "no-platforming" – and a practise that Brendan O'Neill, a regular columnist of *Penthouse* is well versed in, having been kicked off a number of university campuses himself), they are part of the same discussion on free speech. They both demand suppression of material they consider "offensive".

> ‘NO GOVERNMENT WITHIN A DEMOCRACY HAS THE RIGHT TO DICTATE WHAT IS "RIGHT" IN THE EXPRESSION OF IDEAS’

A Twitter Hashtag

In June this year, social media platforms, Facebook, Twitter and YouTube, signed up to an agreement with the European Union to enforce hate speech bans online. Almost immediately, a broad group of Twitter users, armed with the hashtag #Istandwithhatespeech, expressed their outrage against the move that would see social media companies actively police and remove any posts considered, "illegal online hate speech".

The antagonists behind the hashtag were a diverse group. It was obvious at times that online trolls or genuinely hateful people were seizing the moment to express their own heinous views. However, amongst them were those firmly in favour of absolute freedom of speech, no matter whom they may offend. Also amongst the crowd were those who did not believe in the European Union's credentials to assess what can and can't be said.

The EU legal definition of hate speech: "means all conduct publicly inciting to violence or hatred directed against a group of persons or a member of such a group defined by reference to race, colour, religion, descent or national or ethnic origin". Beyond the largely uncontested concept of speech that incites violence, many European citizens worry that the definition of hate speech is too vague.

And while private corporations such as Twitter or Facebook do not owe us a platform where all voices are respected equally and nor are they obliged to provide one, this move shows a more general trend away from acknowledging the benefits of online free speech.

A Dead Cartoonist

January, 2015, France – two brothers, Said and Cherif Kouachi, force their way into the Charlie Hebdo offices and murder eleven employees and injure eleven others in the building. The attack is in response to the magazine's satirical cartoon depictions of the prophet Mohammad.

On April 14, 2016, Bangladesh – Xulhaz Mannan, the editor of Roopbaan, a gay-rights magazine attempts to organise a pro-gay rally. The police shut it down and arrest several of his supporters. Mannan argues that the event could encourage acceptance of homosexuality in the community. Eleven days later, a group of men arrive on Mannan's doorstep claiming to be couriers. Carrying boxes of machetes they slice Mannan and his friend to

death. A local group affiliated with Al Qaeda claim responsibility, declaring homosexuality is "American Imperialism".

Where once suppression of free speech was purely the realm of autocratic governments, now non-state actors actively shut down dissent in the name of religious belief. In particular, Bangladesh is one of the most dangerous places to suggest that gay people may have rights or that Islam may not have all the answers. Since April, religious extremists have killed more than eight people for expressing "anti-Islamic" sentiment. Those threatened by Islamic extremism cannot rely on the government or police, who all but refuse to condemn the attacks.

A newly published study from Oxford's Jon Penney, presented evidence of a "chilling effect" on freedom of speech, as a result of revelations that the U.S government was monitoring its citizens online behaviour. Religious violence, if left unchecked, has a similar potential to restrain free speech, as citizens refuse to express dissenting opinions for the risk of violent reprisal.

In Pakistan and Saudi Arabia, a different type of force is being exerted. Governments that punish anti-Islamic sentiment are pressuring the international community to do the same. They claim that the EU ban on hate speech should

"IF YOU NEED A SAFE SPACE, LEAVE, GO HOME, HUG YOUR TEDDY & SUCK YOUR THUMB UNTIL READY FOR UNIVERSITY"

naturally extend to public speech that is critical of Islam. Some European judges agree. In Denmark, it was ruled that burning of the Koran was an act of hate speech and would be punished criminally. Interestingly, blasphemy laws had not been used to convict anyone in Denmark since 1946.

A Journalist Fears for Her Life

According to Freedom House, an American Thinktank, freedom of expression has "declined to its lowest point in 12 years in 2015, as political, criminal and terrorist forces sought to co-opt or silence the media in their broader struggle for power". Percentage of the world's population living in countries with a free press fell from 38% in 2005 to 31% in 2015. Those people in the world who had to make do with only "partly free" media rose from 28% to 36%. Reporters Without Borders present an equally depressing outlook; their global index of press freedom has declined by 14% since 2013.

Still, so many years after Vincente Fox declared a military style war on drugs in Mexico, the cartels that have wreaked havoc throughout the nation intimidate the people into submission. A failed drug war, corruption on a nationwide scale and incredibly violent drug gangs has made Journalism

one of the most dangerous professions in Mexico. For example, in the coastal state of Veracruz, 17 journalists have disappeared, presumably murdered, since 2010. Criticising the cartels can often have gruesome consequences, with torture and decapitation being the favoured method of some of the more vicious gangs.

According to a report conduct by the Committee to Protect Journalists, "Egypt has the highest number of journalists behind bars since CJP (Committee to Protect Journalists) began keeping records". All of this while Egyptian authorities are "openly pledging media freedom" According to this report, journalists are brought to trial without their lawyers or themselves receiving prior notice. Further, full regions of the country are "severely under-reported".

University Activism

A strange trend has gripped universities around the world of late. The idea of "no-platforming" denies speakers with "controversial" or "offensive" (a word that's increasingly used to denote disagreeable) opinions the opportunity to speak at university events. The concept rears its head mainly in England, the U.S., Australia and Canada, and comes from a sense of concern that certain ideas have the power to further marginalise or offend minority groups. This had bemusing results in 2015, when acclaimed radical feminist, Germaine Greer, was denied speaking positions in English universities for her controversial opinions on transgenderism.

Preventing harm to minority groups on campus, by prohibiting speakers, and the voicing of certain ideas has found an incarnation in the form of "safe spaces", originally thought up of as areas or rooms on campus where, according to the Safe Spaces Network, "Anyone can relax and be able to fully express, without fear of being made to feel uncomfortable, unwelcome, or unsafe" on account of their ethnic, religious, or sexual identity. The idea has grown to ensure that whole campuses are "safe" for anyone of any colour, ethnicity, gender or sexuality. The flip side of what appears to be a well-intended policy is the imposition on freedom of speech and expression of ideas. Many thinkers, like famed evolutionary biologist, Richard Dawkins (who himself has been shouted down and attacked for his views on religion) believe that education requires a certain element of challenge, and, indeed, "unsafeness". "A university is not a 'safe space'. If you need a safe space, leave, go home, hug your teddy and suck your thumb until ready for university." Dawkins tweeted in October 2015.

From inside the campus, students around the world genuinely believe in the good they are doing. Safe spaces and the attempt to change public discourse is not just a simple show of solidarity with their fellow classmates, who may have felt racially, sexually or ethnically marginalised, but part of duty to influence the way wider society talks and feels about issues of bigotry and prejudice. One Melbourne University student at a campus rally against racial violence told *Penthouse* that, "These ideas don't just stay at here at university, they have the power to shape the world we live in. When we see the kind of hate that goes on around us, we can't just sit down and do nothing".

The consequence is that many unversities are becoming places of censorship and prohibition. Instead of challenging dangerous ideas and learning, many students are retreating into a self-styled narcissism, becoming "special snowflakes", so-called for their self-obsession and perceived uniqueness. This is a dissapointing reality for freedom of speech advocates, who believe universities need to be an open forum for ideas to flourish.

The Pew Research Centre reported last year that 47% of British 18-to-29 year olds believe the government should be able to stop people from saying things that offend other people's religious beliefs. In France, the number is closer to 55%. All around the world there is a trend favouring restrictions on free speech. Young uni students and religious zealots alike are pushing to be exempt from offense. Albeit in vastly different ways and for very different reasons. However, there is no reason that offense or hate speech should be banned and there is no reason to prevent access to an idea, because there is no argument that cannot be overcome – except the robust argument for free speech. Donald Dworkin, a free speech fundamentalist and critic of "hate speech" laws, argued that our right to offend should always be defended, that in fact, our democracy and government relies on it.

> ‘CRITICIZING THE CARTELS CAN HAVE GRUESOME CONSEQUENCES, WITH TORTURE AND DECAPITATION BEING THE FAVOURED METHOD’

He wrote:

"Freedom of speech is not just a special and distinctive emblem of Western culture that might be generously abridged or qualified as a measure of respect for other cultures that reject it, the way a crescent or menorah might be added to a Christian religious display.

"Free speech is a condition of legitimate government. Laws and policies are not legitimate unless they have been adopted through a democratic process, and a process is not democratic if government has prevented anyone from expressing his convictions about what those laws and policies should be.

"Ridicule is a distinct kind of expression; its substance cannot be repackaged in a less offensive rhetorical form without expressing something very different from what was intended. That is why cartoons and other forms of ridicule have for centuries, even when illegal, been among the most important weapons of both noble and wicked political movements.

"… If we expect bigots to accept the verdict of the majority once the majority has spoken, then we must permit them to express their bigotry in the process whose verdict we ask them to respect.

"Whatever multiculturalism means – whatever it means to call for increased "respect" for all citizens and groups – these virtues would be self-defeating if they were thought to justify official censorship."

THERE... THAT'S MUCH BETTER
BUT HE HASN'T EVEN SAID ANYTHING
I COULD...
...JUST FEEL I WAS ABOUT TO BE OFFENDED!
GOING TO MY SAFE SPACE
OH GOD NOT EVEN A TRIGGER WARNING

THE WAR ON WORDS

YOUR FREEDOM OF SPEECH IS UNDER ATTACK, PLEASE KEEP YOUR MOUTH SHUT

BY BRENDAN O'NEILL

IMAGINE how arrogant you'd have to be to think that your feelings – your silly, subjective emotions – were more important than other people's freedom of speech.

Imagine the industrial levels of narcissism it must take to say to someone: "You shouldn't say that thing because it makes me feel bad."

I'd never dream of telling people that my right to keep my self-esteem in good nick should override their right to express themselves. And yet, incredibly, there are huge numbers of people out there, legions of tweeters and bleaters and self-pitiers, who seriously think their right never to be offended should take precedence over your right to say what you want.

They think they have the right to float through life in an offence-deflecting bubble. Well, it's time to prick their bubble, and inform them that our freedom should trump their feelings every single time.

Something has gone horribly wrong in the 21st century. We fancy that this new millennium is free and open and wild, so much so that you can choose your own gender and cover yourself in tats and remain an overgrown teenager into your 30s and no one will bat an eyelid.

Yet alongside this seeming libertinism there is a dark hostility towards the most important freedom of all, the freedom upon which all other freedoms are built: freedom of speech.

> ‘STUDENTS IN BRITAIN HAVE BANNED TABLOID NEWSPAPERS AND ROBIN THICKE'S SONG 'BLURRED LINES' AND EVEN THE WEARING OF SOMBREROS’

You can see it on campuses across the West, where students now behave like jumped-up Joe Stalins, crushing magazines and music and ideas that offend them. Students in America have howled off campus speakers who criticise feminism. Students in Britain have banned tabloid newspapers and Robin Thicke's song 'Blurred Lines' and even the wearing of sombreros (it's offensive to Mexicans, apparently).

You can see the creepy new censorship in the demand that men's mags be shoved in black bags so that no one has to endure the horror of seeing an attractive woman in a bikini.

It was once blue-rinse Christians who hid the female body from public view, lest it send men into a rapacious frenzy. Now it's feminists. Yesterday's priests and prudes have been replaced by PC types, who once burned bras but now insist that models put their bras back on.

And you can see the new illiberalism in the demonisation of certain viewpoints. Suggest that climate change is a tad overblown and you're a "climate-change denier". Criticise Islam and you're Islamophobic. Don't like gay marriage? You're homophobic.

A phobia, of course, is an irrational fear, a mental illness. You know who else branded certain moral outlooks as mental illnesses? The Soviet Union. Yep, the PC mania for shushing controversial views now echoes the antics of Soviet tyrants.

The justification for all this freezing of controversy and hiding of saucy pics is that these things "cause offence". They make people feel sad. To which the only appropriate response is: so fucking what?

I was banned from speaking about abortion at Oxford University in 2014 (I was due to make the pro-choice case) after a mob of 300 feminists said it would harm their "mental safety" to have a man speak on women's issues. They threatened to turn up to my talk with "instruments" to disrupt it. And Oxford caved. It agreed with the fem-mob that their right to feel "mentally safe" was more important that my right to speak. When even Oxford, the world's most prestigious Uni, is willing to trample on free speech in the name of stroking students' self-esteem, you know something's gone madly wrong.

Here's why free speech should always win out over people's feelings. Firstly because, in order to be proper citizens, everyone must have the right to say, write, depict and distribute their ideas. Bottom line. And secondly because everyone else – the public – must have the right to hear those ideas and decide for themselves if they're good or bad. Censorship doesn't only hurt people with something to say; it also infantilises the rest of us, the listeners. It turns us into children who must have our minds made up for us by people who Know Best.

Look, feeling offended is the price you pay for living in a free society. And what a small price it is. Occasionally wincing at some idea or image you don't like is a tiny thing to have to endure in return for having freedom of thought and speech. It would be better for a million people to feel offended than for one person to have his speech restricted.

DR. HACKER, PAGING DR. HACKER

THE WORLD'S GREATEST HACKER REVEALS WHY YOUR PHONES, CREDIT CARDS AND EVEN CARS MAY BE TARGETED BY HACKERS

BY JACK COOPER

KARSTEN Nohl, PhD can know where you are, who you're talking to and what you're saying…all from his office in Berlin. As the Chief Scientist at Security Research Labs, Nohl works to reveal society's weakest links in cyber security and shine a light on our hidden vulnerabilities. So *Penthouse* invited the Doctor over for a house call and a digital security checkup.

What's your favourite way to introduce yourself that always gets a good reaction?

I usually say "hacker" and see if people understand that there's a positive element in there. Otherwise, they're like *Uh…and when were you jailed the last time?* That's a fun reaction.

So when were you in jail the last time?

I guess technically I'm breaking laws all the time, because there are some ridiculous laws. For instance, owning a computer is illegal, if that computer can be used for hacking, but so far no prosecutors seem to mind that I, and I guess most people in my country, own a computer.

How'd you get started with hacking?

I started hacking based on the understanding that what I created as a cryptographer back in graduate school, other people would hack. It drove me crazy that i couldn't create anything that other people couldn't easily hack. Then I came to understand that there was value in that too – in breaking other people's stuff to show them how to improve. So I was never good enough to actually create something that wasn't hackable, but I just flipped sides: now I'm breaking other people 's stuff to help them understand where their weaknesses are.

You earned your PhD in Computer Engineering at University of Virginia. So that makes you Dr. Cyber-Security?

Dr. Hacker, actually

Ok, give it to me straight, Doc. How bad is it?

Security right now is much over-hyped. It was always pretty bad if you asked the question: *what could happen to you*? But nothing ever actually does happen to most people, right? So, a little bit like car crashes, you can imagine a million ways of dying in the car – accidental or of your own stupidity – but most people are still alive who drive cars. It's similar on the internet; you can get hacked. Just by chance, most people haven't been yet. There's a big disconnect between what could happen and what does happen. Now, like in car traffic, the occasional person does die (again based on chance), and that's really sad. And occasionally a person does get hacked on the internet, and even though that's sad, it's equally avoidable in a lot of occasions. That's what a lot of our work focuses on: how to make it so that, not even by chance, you get hacked on the internet. Based on everybody being vulnerable, we want to make it so that only people who do get hacked, the hacker's trying really, really hard and has a really, really good reason to hack someone – which may not be preventable in the end. The Average Joe should not get hacked based on chance, like they shouldn't get run over by a car just by chance.

So while there's always the chance, we don't have to plan for anything that's not likely to happen?

I think we should plan for things that are unlikely to happen if they have disastrous consequences. Right now in Germany, we have a few terrorist attacks. There are never more than 9 people who died, so it's not like 9/11 or anything, and some people worry about this – somewhat irrationally I think – because nine people, that happens in road traffic every single day probably, in every major city. Still people worry about it because they consider the consequences so dire; to be killed by some outside, malicious actor. Similarly, on the internet, we should make it so that it's not the worst possible outcome. A good example: everybody has their password stolen a couple times in their lifetime. Either because you have a virus on your computer and you type in your password, or the more likely scenario: you go to some website, where you're a customer, and they have their password database stolen, and yours is part of the bounty… the loot, so to speak. If you use the same password on every single website, your entire online life gets hacked. If you use a different password everywhere, only that particular website that got hacked – that was insecure anyway – now is insecure for one more reason. Damage containment is hugely important, even in a world where everything can get hacked.

Other than just having a different password for each site, what else can we do to keep ourselves as protected as possible?

Not installing any software from non-trustworthy sources. Generally, not accepting anything from non-trustworthy sources. On Windows, for instance, a lot of files are actually programs. If you just click on them, you launch a program. Such files are often titled something like "invoice.pdf", or ".bat" for instance. These are some of the file extensions that actually launch a program. So it looks almost exactly like what you would expect in an email from your Telco. It looks exactly the same and says "invoice.pdf." but then it says a little bit more. It's actually a tricky case to distinguish, but there are tiny details that people need to pay attention to in order

not to install viruses on their computer. So always be suspicious before you actually possibly launch a program. This is most important on Windows, where just clicking on an email attachment is often enough to install the program. On mobile devices–Android in particular–it's a little more tricky for the hacker to get a virus in. They'll have to get you to install an app–which of course doesn't come as an email attachment–but usually you go to an app store, and the app store asks for permissions, and you click ok and all that. The Google App Store is actually pretty good at filtering out viruses, and they respond to complaints really quickly. But the Google ecosystem and the Android ecosystem also allow you to install stuff from all kinds of other places…which is great for freedom–we don't have an Apple dictator controlling everything–we have freedom to install whatever we want on our devices. But whenever a transaction asks you 'Please click to allow the installing of software from an untrusted source.' So if you're supposed to click that…don't do it. Often people end up in this situation where they ask the question "Are you trying to con me?" anyway. They want to play this game, and they search for the game and it says "$4.99" in the Google App Store. Then the second link is "Free"…the same game for free! Something that costs money one place is free another place. How is that possible? Well, it's because it comes from an illegal source, and probably the way they make money is by installing a virus on your phone with the game. So suspicious emails, suspiciously cheap apps…just anything suspicious, don't click on it, don't install it. Try to stick to the trusted sources, like email attachments from people you know on emails you expect, and just from the Google App Store, even if that prunes your freedom in some ways.

***Pokemon GO* has received significant media attention recently regarding its players' information security. Is there a real threat?**

Pokemon GO is just one more app that sends huge amounts of data to the internet. It's just another company – this time not in Silicon Valley – that knows exactly where you are at any point in time. Obviously, Apple already knows that because of the iCloud if you're on an iPhone. Obviously, Google already knows that, even if you're not on one of their phones; everybody uses Google Maps. Even companies like Yahoo know exactly where you are. Why does Yahoo know where you are? Because Apple, for instance, uses the Yahoo Weather app, and every couple of minutes sends your exact location to Yahoo…as if that was necessary to tell you the weather. Wouldn't it be okay to just say the city and maybe once an hour, only? But no. Every couple of minutes, they send your exact location. And while that's unnecessary for weather prediction, of course it's extremely necessary for *Pokemon GO*, as the game very much relies on current location. So there's yet another database at some company that hasn't been hacked yet that contains all of your information. And if i say, *that hasn't been hacked yet*, usually that means it will be hacked in the future. There are two types of companies: the ones that have been hacked before – that kind of learned how to, through a combination of prevention, detection and maybe a good response, react to it, prevent the attack the first time – and those companies that the learning curve has yet to happen. I guess Nintendo was never really a valuable target; everyone likes them, and they didn't have anything hugely valuable. But if now I see all my consultant friends working at these top shops using a Nintendo game…all of a sudden the value of that database just skyrocketed, and maybe they will become a new hacking target.

Which is why companies hire you. So you can hack them first.

Precisely. Usually, I get hired only after a real hack, so it takes extreme foresight to say, *we haven't been hacked in 20 years* – I don't know like nintendo for instance, not in a major way – *and now something's changed so fundamentally about our business that we should be more afraid, and we should have our security tested*. Usually, only the evil hack rings the alarm bell and people wake up and hire myself.

You were able to ring that alarm bell a bit when you were on 60 Minutes and hacked the US Congressman's cell phone.

Oh yah, that was fun.

What was the most interesting thing you found out about him?

With this guy in particular – and I'm super glad that he played along of course – but with this guy in particular, I was a little bit surprised about how surprised this guy was about what we can do. This guy sits on the House Oversight Committee for Intelligence Organisations, so he's on

the board of the NSA, you could say. And obviously the NSA is doing much more fancy stuff than we do, but the NSA is also supposedly there to protect America from attacks from the outside. So, stuff that we could possibly be; a threat actor that they should prevent. By us hacking the government, I was very surprised how strong the offensive side of the NSA was, but then it suppresses the defensive side that they're supposed to do. Basically, the NSA's ambition to hack everybody all the time seems to suppress their second agenda, where they should also protect everybody all the time – at least their own citizens. But through that, of course, everybody uses the same technology, so in the end, everybody. I was a little bit shocked that – at least through that interaction – I learned that the US government doesn't do much to make technology better. They seem to almost intentionally keep it weak, so that they can continue to hack everybody all the time. But then, so can everybody, else, now including some individuals in Berlin: myself and my team.

you and send you a little ping. And so these are observable, but they're not observable through a normal app. This information is more deeply hidden inside the phone, and the SnoopSnitch app that we created is digging this information up and making it visible for people. And not the raw information only, it also generates alarms. It will say, *oh wait a second, I think you're being tracked by somebody*, or w*e think you're now connected to an IMSI catcher* – a kind of spy device from the 90s, that's still hugely popular with government – *we think you're connected to an IMSI catcher; you better not make an important phone call, or it will probably be intercepted.* It's a handy little app for everybody who thinks that they may be under surveillance. From 150,000 people who did install it – and who voluntarily submit some data – we see that in fact, people are being tracked all over the world. To a lesser degree than we thought, so it's not everybody, all the time – like the NSA is doing passively – but these active attacks, they do happen, and they do happen everywhere. It doesn't take

the banks. But of course, a merchant will pick whatever is cheapest, that just barely made it through the certification. What we found is that none of the ones that we used in the countries that we did test in Europe have even deserved the certification and are completely failing banking security, making it so that the entire chain bursts independently of how secure the other links of the chain are. This is a general theme in hacking: if a company claims, *hey, we've improved this part of the system, now it's hacking proof*, you move away from there to another part of their system and hack them anyway. So companies are not usually very good. They have this end to end view, but they improve incrementally in silos, and every silo is very proud of what they achieve. Just a few things, like these payment terminals that I mentioned, were never assigned to a security guy, so there's no improvement at all. It got stuck in this particular cave of early 90s security, when people first played around with computers, and were trying to make them secure. They never improved from there.

"THE US GOVERNMENT DOESN'T DO MUCH TO MAKE TECHNOLOGY BETTER. THEY SEEM TO ALMOST INTENTIONALLY KEEP IT WEAK SO THAT THEY CAN CONTINUE TO HACK EVERYBODY ALL THE TIME"

You also told 60 Minutes that even though the Congressman could be careful on his phone and do his best to prevent hacking, he'd still be vulnerable. But now, thanks to you, there's an app for that. So how exactly does SnoopSnitch help the situation?

Exactly. The reason that this Congressman – and in fact a few months later, you guys down in Australia, your 60 Minutes had a Senator get hacked by us – all these different Congressmen, they don't get hacked based on what they do on their phone, they get hacked based on the networks they're on. These networks… in a lot of cases, they're insecurely configured. They'll let anyone in the world pull information to the point that they can reroute your calls, track your location, all of that. So, you would think that from the phone side, you can do something about it. In the end, you can't prevent it. But, you can do the next best thing: you can notice that these attacks are happening. You can notice that someone is monitoring your location continuously, because any time someone pings your network asking, *where's this person?* the network will find

the likes of the NSA to do it; if we can do it among a group of friends, then of course every government in the world will be able to get this skill.

At last year's C23C, you spoke on payment security. So even with the implementations of pay wave and chip technology in our cards, we're still at risk?

Absolutely. What we show over and over again is that there exists a simple principle that applies to basically every system that people use when it comes to security: the principle of the weakest link of the chain. Just because you have a fancy data centre at a bank, and you put very expensive chips in your payment card…if this is where you put your resources, there are other links in the chain involved that you may not pay too much attention too, that may be completely outside of the control of your governments. In the case of payment systems, what we've identified as the weakest link in the chain are the payment terminals that are sitting at the merchants. The little things that you stick your card in or swipe your card through, those are usually procured by the merchants, and they are certified by

So what's new and exciting that you're working on?

The next group of systems that we've looked at and just found the very same patterns that we just discussed with payment systems, are cars. Again, cars exist…even a single car has numerous different systems that interact, and it's typically understood by car manufactures that they have to do some kind of testing on the user-facing computer: basically your entertainment system, your push buttons or touch screen, installed software and whatnot. What they often forget is that the security of cars is equally determined by all the other components that have been in there for years that have never been security tested. Now all of these fancy electronics that have been added are connected to the internet, so we find that cars are at least a very ripe hacking target. What they aren't yet is a very attractive hacking target. It's not that valuable to know where people are; you can already get that from their phones very easily. So it's unclear why they'd want to hack a car, but that's changing quickly because people are amassing more and more private information that's valuable.

ROGUE TO THE WHITE HOUSE

TRUMP'S ORANGE-HEADED REVOLUTION

BY MARTY BARRETT

FOR a long time, no level headed person took Donald Trump seriously as a presidential contender. He ran back in 2000, nabbing more than 15,000 votes in California as the Reform Party's candidate, and he has been publicly flirting with the idea since the 1980s. People thought it was more grandstanding, the type one might do if one is in the business of owning casinos, hosting beauty pageants, importing trophy wives, and starring in reality TV shows.

In fact, if you believe Stephanie Cegielski, the onetime spokesperson for the shuttered Make America Great Again super PAC, Trump himself once considered his 2016 run alternately as a "protest candidacy" and a way to further his brand, nothing more. In an open letter to Trump supporters, published on the site xoJane, Cegielski wrote that Trump never expected things to go this far:

"…And I don't even know that he wanted to, which is perhaps the scariest prospect of all. He certainly was never prepared or equipped to go all the way to the White House, but his ego has now taken over the driver's seat, and nothing else matters."

"Donald Trump has been saying that he will run for president as a Republican," said Seth Meyers, when he hosted the 2011 White House Correspondents' Dinner. "Which is surprising, because I just assumed he was running as a joke."

So did a lot of us, perhaps to our peril. But we thought our well-founded ridicule of the bombastic and buffoonish, semi-bronzed birther billionaire seemed like a sufficient weapon to send the famously thin-skinned, dim-bulb populist packing, a la Sarah Palin. But Trump has handily defeated a massive, unregulated militia of rivals, beating his nearest challenger, Ted Cruz, by nearly 20 percentage points overall in the primaries. And it seems like no amount of daylight shed on Trump's racism, vanity, bad business deals, misogyny, poor grasp of history and geography, or—let's face it—shoddy English will sway his followers, who, even if they have their misgivings about the guy, hate Hillary Clinton enough to give the dealmaker a pass.

While detractors of Barack Obama lampoon the president's teleprompter reserve, and distrust the Clinton machine's meticulous production design and assimilation, they flock to Donald, who seems off-the-cuff and, by comparison, authentic. And while Trump's continued popularity is confounding to some (and the enduring narrative suggests that he is as surprised by it as you are), the very real potential of a President Trump come next year poses legitimate logistical concerns to civil servants whose job it is to keep the government functioning no matter who is president.

COMPOSITE PHOTO: GETTY IMAGES/ JOHN MOORE + BANGKOKHAPPINESS / SHUTTERSTOCK.COM

Trump dropped out of the 2012 race, eventually endorsing Mitt Romney, who stood stiffly through the photo op. This March, Romney (who, by comparison with the field of misfits Trump faced, now looks like Marcus Aurelius) called Trump "a phoney, a fraud."

"His bankruptcies have crushed small businesses and the men and women who worked for them. He inherited his business; he didn't create it. And what ever happened to Trump Airlines? How about Trump University? And then there's Trump Magazine and Trump Vodka and Trump Steaks and Trump Mortgage," Romney said. "A business genius he is not."

Romney's statement, delivered the week of the Iowa Caucus, reflected Republicans' vivid concern that Trump the Buffoon might have a shot at being President Buffoon, a dispiriting situation that had lost the GOP the White House in 2008.

And yet Trump still powered through. Even though "the establishment" was taking notice, Trump refused to act presidential, making menstruation jokes about debate moderator Megyn Kelly and imitating the physical disability of a hostile New York Times reporter.

The disparity between taking things seriously and running a brand campaign or protest candidacy (like Vermin Supreme, but with actual vermin) was evident in Trump's hiring of the belligerent Masshole Corey Lewandowski as his campaign manager. Lewandowski had been, at times, a lobbyist, a police officer, and a congressional staffer who had failed in every attempt to elect either an employer or himself. Probably his most dubious pre-Trump achievement was "forgetting" he was carrying a loaded handgun in his laundry bag when he entered a congressional office building in Washington, D.C.

As Trump's campaign manager from January 2015, Concealed Corey repeatedly came under fire for allegedly roughing up protesters and reporters. When he was dismissed in June (Lewandowski is now a CNN commentator, go figure), the campaign lost 50 percent of its unpredictable players, leaving only Trump.

But now there are scripted policy speeches versus stream-of-consciousness rants. Now Trump himself uses a teleprompter. Now Trump, for the first time in his career, is being packaged. Packaged like a Russian nesting doll, in fact. And if it's possible, Republicans might be more worried about The Donald's new strategists—a pair named Paul Manafort and Roger Stone—than they are about the candidate.

The history of the lobbying firm the two cofounded in 1980, Black, Manafort, Stone, and Kelly (BMS&K), is a truly jaw-dropping litany of Washington intrigue and machinations that would make Jimmy Stewart's earnest senator from "Mr. Smith Goes to Washington" shit himself and die.

Known as the "quiet" one, Manafort consulted and lobbied for the presidential campaigns of Gerald Ford, Ronald Reagan, and Bob Dole. Manafort is credited with stage-managing several Republican National Conventions and overseeing Reagan's 1984 "Morning in America" campaign, which resulted in the biggest electoral vote haul in U.S. history, and the largest popular-vote landslide since Richard Nixon beat George McGovern in 1972. (Roger Stone has a tattoo of Nixon's face on his back).

But it is Manafort's work outside the United States that has Washington insiders munching Tums.

Manafort has had numerous lucrative side gigs working for some of the worst strongmen and dictators on earth. So much so that, in 1991, the Center for Public Integrity included BMS&K in its "Torturers' Lobby" list. Manafort took millions from representatives of Angola, Nigeria, and the Philippines in the 1980s, helping those countries (or the people trying to topple the governments of those countries, depending on who was paying) squeeze foreign aid and favours from Congress and the White House.

Before pitching in for Bob Dole's 1996 run, Manafort was embroiled in what became known as "the Karachi Affair," in which he admitted to being paid—get ready for this—in kickbacks for submarine sales to Pakistan in his work to elect Édouard Balladur to the presidency of France. (By comparison, I once did a job in exchange for someone's HBO Go password.) The French publication Libération, among others, reports that, when Jacques Chirac defeated Balladur in 1995, the new president cancelled all kickbacks and "commissions" to corrupt Pakistani officials, who may have retaliated in 2002 with a terrorist attack in Karachi that killed 11 French engineers.

‘IT IS MANAFORT'S WORK FOR FOREIGN LEADERS THAT HAS DC INSIDERS MUNCHING TUMS’

Manafort's greatest international hit, however, and the project that seems to make him ideally suited for Trump, is his work with Ukrainian thug Viktor Yanukovych.

Yanukovych failed to win Ukraine's presidential election of 2004, in a campaign beset on all sides with widespread allegations of voter intimidation and fraud. Fed up, young protesters took to Kiev's Independence Square and other public arenas (including the internet) in what became known as the Orange Revolution. It was a heady time that suggested the possibility of Kiev as a more European, less Soviet, capital.

Yanukovych's people hired Manafort, and, according to a comprehensive article in Slate, the Connecticut native spent the next several years shuttling between the U.S. and Ukraine, remaking Yanukovych for public consumption. Yanukovych won the presidency in 2010 (he was ousted and fled the country four years later, but Manafort's checks had already been cashed), but at the expense of some delicate manoeuvring the U.S. had done to remove Kiev from Moscow's sphere of influence.

"When American Ambassador William Taylor arrived in Kiev in 2006, he summoned Manafort to a meeting in his office," Slate's Franklin Foer writes. "Manafort would become a fixture in the offices of American ambassadors to Ukraine, the U.S. government's primary conduit to Yanukovych and the pro-Russian camp. As Taylor told a group of American democracy activists just after the meeting, he had asked Manafort to tamp down Yanukovych's criticisms of the joint operations NATO was conducting with the Ukrainians. The implications of his ask were clear: The interests of American security were hurt by such rhetoric. 'American to American, I'm asking you to talk to [Yanukovych].' Manafort scoffed at the notion. He bluntly

PHOTO: GETTY IMAGES/ PETRAS MALUKAS GETTY IMAGES/ SASCHA STEINBACH

» MAKE FASCISM GREAT AGAIN! «
IOWA
TRUMP
2016

TRUMP

announced that he wouldn't ask Yanukovych to dial back the rhetoric. It polled too well."

This is a similar story to one related in a piece for the late Spy magazine, by journalist Art Levine. Following the success of Reagan's "Morning in America" campaign, Manafort was hired in 1985 by Angolan rebel Jonas Savimbi in his crusade against his country's Moscow-backed government. Manafort groomed Savimbi and took the ragged rebel leader (whom Levine describes as the planter of indiscriminate landmines and a soldier who literally burned his enemies as witches) and squired him around Washington, opening up the taps of proxy-war funding. But when Moscow stopped its own gravy train to the Angolan government, Manafort kept the pipeline going for Savimbi.

"So the war lasted another two more years and claimed a few thousand more lives!" Levine wrote. "What counts to a Washington lobbyist is the ability to deliver a tangible victory and spruce up his client's image."

To be fair, Washington lobbyists and fixers, who are associated with D.C.'s K Street the way advertising pros are "Mad[ison Avenue] Men," are a part of life in the capital. Following his success with the Bill Clinton War Room, strategist James Carville assisted campaigns in Afghanistan and South America. Tad Devine, Bernie Sanders's former senior advisor, also worked for Viktor Yanukovych. Every campaign employs "opposition research" to find, and in some cases place, skeletons in the closets of opponents.

Manafort's colleague Roger Stone is just such an opposition-research professional, described in a Daily Beast story as a "self-admitted hit man for the GOP." Stone's flamboyant style is a stark contrast to his partner's (in addition to the Nixon tattoo, Stone has admitted placing swinger ads for himself and his wife, and, in clear defiance of the new Republican antiporn plank, flaunted a photo of himself with Penthouse staple Nina Hartley, both wearing skimpy bathing suits).

Of BSM&K's dealings with unsavoury international players, Stone has said, "Black, Manafort, Stone, and Kelly lined up most of the dictators of the world we could find. [After all,] dictators are in the eye of the beholder."

So this is who Trump has in his corner. Shortly after Manafort came on board officially, Trump delivered—by teleprompter—a policy speech worthy of May Day in Moscow.

"We will no longer surrender our country or its people to the false song of globalism," Trump said, sounding coherent and not at all himself. "The nation-state remains the true foundation of happiness and harmony."

If this sounds like something Vladimir Putin might say, bare-chested, in his clipped Russian, you have Paul Manafort to thank. Ever since taking Viktor Yanukovych from red-faced mouth-breather who didn't wear clean shirts to the presidency of the Ukraine (and, most importantly, back under Russia's thumb and away from NATO), an American oligarch like Trump is the perfect next step.

And Trump is playing right into it in a way that almost makes you feel sorry for him, as it appears that he's being flattered into someone else's agenda. Both Trump and Putin have bromanced each other in the press, Putin calling Trump "bright" and "talented" and Trump cheering Putin's leadership, especially in the way the latter silences journalists. If only Trump could dispatch the Washington Post the way Putin crushes Fourth Estate dissent.

"I got to know [Putin] very well because we were both on 60 Minutes," Trump said during one Republican debate. "We were stablemates, and we did very well that night." (They never met—Putin appeared via satellite.)

We get the sense that Trump, a self-aggrandizing man if not a self-made one, doesn't know he's being played by members of a class of people who are globalists themselves, in the sense that they are not loyal to the interests of a country so much as those of the highest bidder.

Sensing this, the intelligence community is wary of providing security briefings both to people like Manafort, for fear of where his real loyalties lie, and to Trump, whom they worry will just blurt out anything.

Says Gary Schmitt, a former Reagan administration official now at the American Enterprise Institute, to BuzzFeed:

"If Trump is to be given access to sensitive intelligence, which can't help but implicitly involve even more sensitive information about 'sources and methods,' then it's imperative that any campaign staff who have had commercial ties with foreign governments and politicians not be given access as well until they have gone through a full, thorough background check – not the typical perfunctory review."

‘WE GET THE SENSE THAT TRUMP, A SELF-AGGRANDIZING MAN IF NOT A SELF-MADE ONE, DOESN'T KNOW HE'S BEING PLAYED’

The prospect of Manafort's and Stone's security review is mind-numbing.

"Would you sell out the United States to a foreign prince or potentate?" they might be asked.

"How much we talking about here?" they might respond. "I like boats."

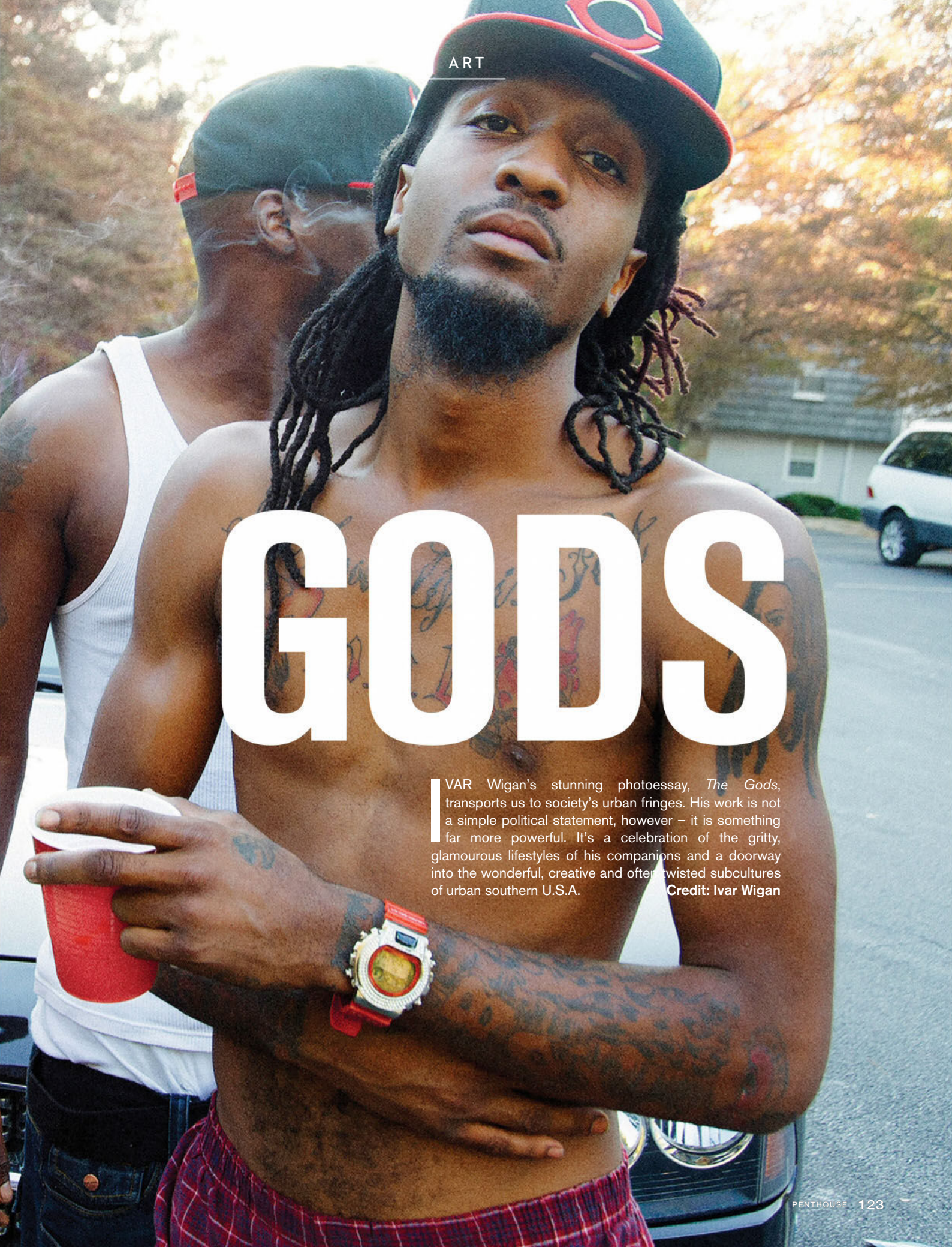
Maybe Trump is still reeling about how his publicity stunt got him here, but the real engineers of the Trump Train are as serious as a heart attack about making 1600 Pennsylvania Avenue the least gaudy jewel in The Donald's empire come January 2017. And what may surprise Trumpeters most is that their idol might unwittingly bring a little Red Square to the White House. Trump is just the sort of puppet Putin courts: an uncouth blowhard subject to flattery and really into Eastern Bloc women. What kind of deal will Trump make with Putin to Make America Great Again?

These are confusing times for a lot of people. Only Trump supporters seem united. So thank God for Pokémon Go. It's the only thing that has brought the country together these past few months. Whereas people used to wander the streets dazedly lamenting Bernie Sanders's endorsement of Hillary Clinton, or pondering head-scratchers like how a clown-topped peddler of bad steaks and unaccredited degrees could possibly get 14 million people to vote for him, now they just want to capture Jigglypuff without getting hit by a car. A nice Soviet car.

Dasvidaniya, comrades.

ILLUSTRATION BY JASON JOHNSON

Bloods 2012



GODS

IVAR Wigan's stunning photoessay, *The Gods*, transports us to society's urban fringes. His work is not a simple political statement, however – it is something far more powerful. It's a celebration of the gritty, glamourous lifestyles of his companions and a doorway into the wonderful, creative and often twisted subcultures of urban southern U.S.A.

Credit: Ivar Wigan

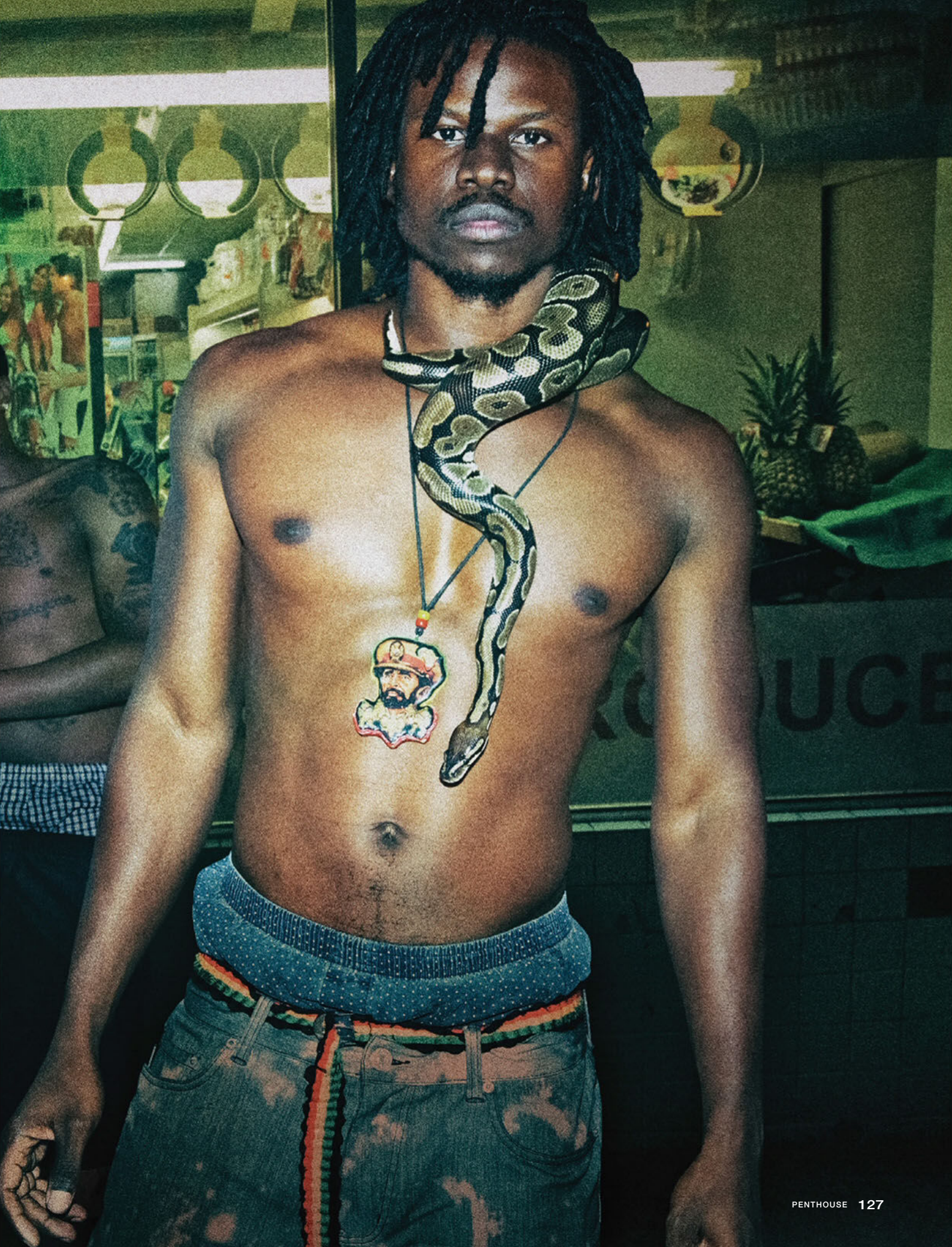
Pink Panther 2011

Venice 2010

Black Cherry 2011

Right Light 2012

Python 2013



Poool Party 2010

The Gods 2012

The Business 2012

The Hotel Geneva 2010

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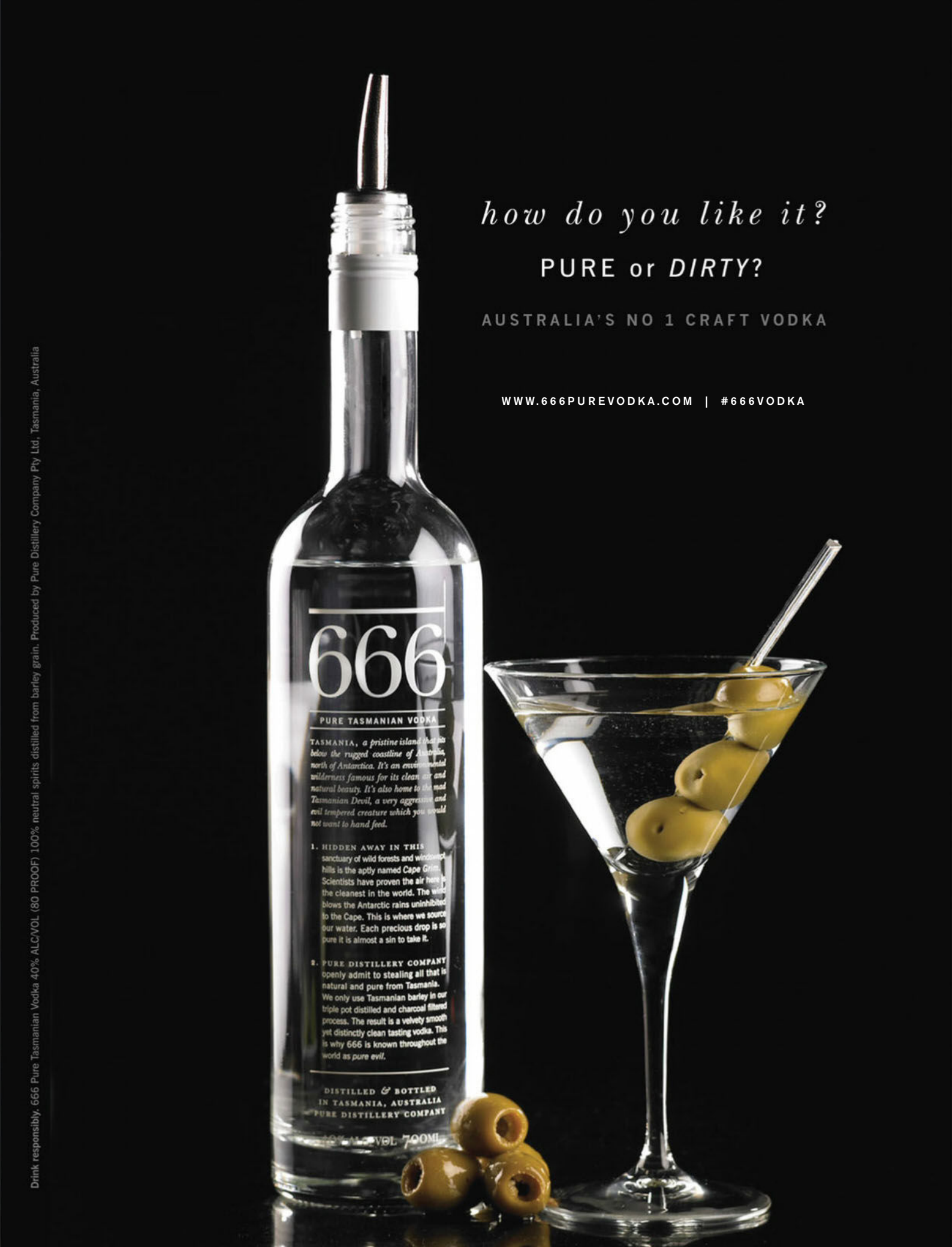
TEAKHOUSE GETAWAY

Sometimes simply getting away from it all in a Balinese mountain retreat does wonders for the mind and body

Photography: Toni Veziris
Model : Scarlett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PURE TASMANIAN VODKA
TASMANIA, a pristine island that sits below the rugged coastline of Australia, north of Antarctica. It's an environmental wilderness famous for its clean air and natural beauty. It's also home to the mad Tasmanian Devil, a very aggressive and evil tempered creature which you would not want to hand feed.
1. HIDDEN AWAY IN THIS sanctuary of wild forests and windswept hills is the aptly named Cape Grim. Scientists have proven the air here is the cleanest in the world. The wind blows the Antarctic rains uninhibited to the Cape. This is where we source our water. Each precious drop is so pure it is almost a sin to take it.
2. PURE DISTILLERY COMPANY openly admit to stealing all that is natural and pure from Tasmania. We only use Tasmanian barley in our triple pot distilled and charcoal filtered process. The result is a velvety smooth yet distinctly clean tasting vodka. This is why 666 is known throughout the world as pure evil.
DISTILLED & BOTTLED IN TASMANIA, AUSTRALIA PURE DISTILLERY COMPANY
Drink responsibly. 666 Pure Tasmanian Vodka 40% ALC/VOL (80 PROOF) 100% neutral spirits distilled from barley grain. Produced by Pure Distillery Company Pty Ltd, Tasmania, Australia

BURGER Theory

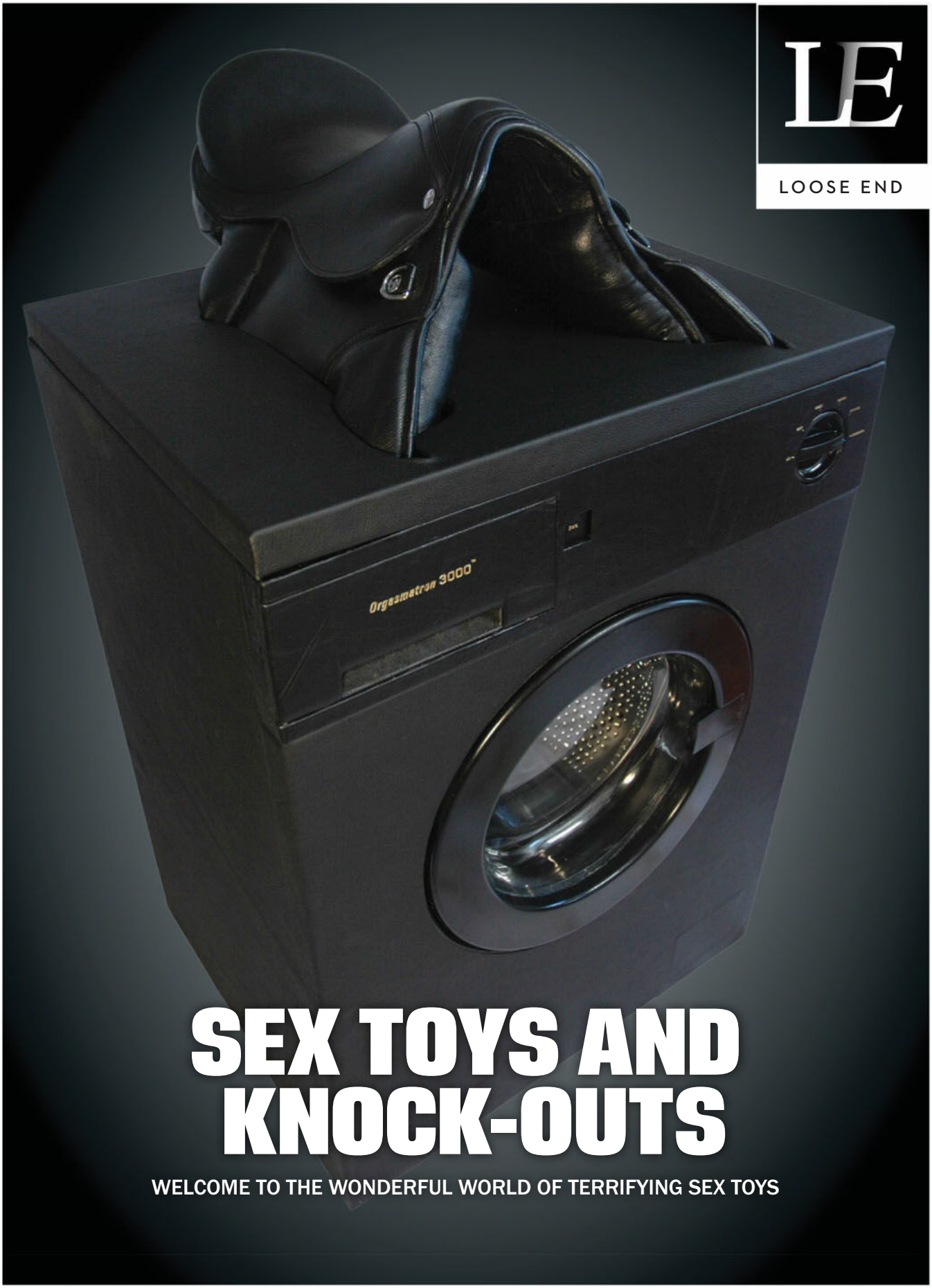
NOT ALL BURGERS ARE CREATED EQUAL

We take whole chuck steak muscles, free of hormones, steroids and antibiotics, and cut them up ready for grinding.

Owning the grinding process means we can make the freshest beef patty going around.

The less time spent as mince, the more tender, juicy and flavourful the patty. Season to order and cook medium rare. Winner!

ADELAIDE: 8-10 Union St (CBD), 11am - 9pm, 7 days a week | **MELBOURNE:** 293 La Trobe St (CBD), 11am - 2:30pm, Mon - Fri



SEX TOYS AND KNOCK-OUTS

WELCOME TO THE WONDERFUL WORLD OF TERRIFYING SEX TOYS

COLUMN

TOY OR TORTURE? SEX TOYS GONE BAD

HERE ARE THE CREEPIEST SEX TOYS YOU, OR YOUR PARTNER'S ORIFICE ARE EVER LIKELY TO ENCOUNTER. ENJOY

SEX Toys usually find themselves within the realm of…our top draw. They come in all shapes and sizes, they're all around us, in us, and probably within arms reach of our bedside table. Well, that is unless you're talking about any of the sex toys you will find below, in which case, you will not find them within a two mile radius of our house.

An encounter with a sex toy should be stimulating and pleasurable, right? Right! Mum? At least, that's what we thought, until we came across these monstrosities. Put your orgasm on hold and clench your butt cheeks, cos' we're going in deep.

> Mr. Jack Mouth with Moustache

Obvious aside, who envisioned this thing and what were they thinking when they built it? Hmm, one part paedophile, one part deep sea monster and two parts what the fuck is wrong with me!? I need help. The creator of Mr. Jack Mouth was probably jacked up on some hard shit. Or, perhaps, he just dreamt of getting a blow job off a nightmarish Freddie Mercury imposter. Either way, this thing is horrifying, stay the fuck away.

> The Severed Headgina

It sounds like it would be better suited to a horror film set, alas, it's made for your bedroom. The Severed Headgina is exactly what it sounds like – creepy as fuck. If you see one of these in the bedroom of someone you're about to get jiggy with, you should in all likelihood jump out of the window and get the fuck out of there, even if it means breaking an ankle. You'll thank us in the long run…you will be able to thank us in the long run.

> Nut Crusher

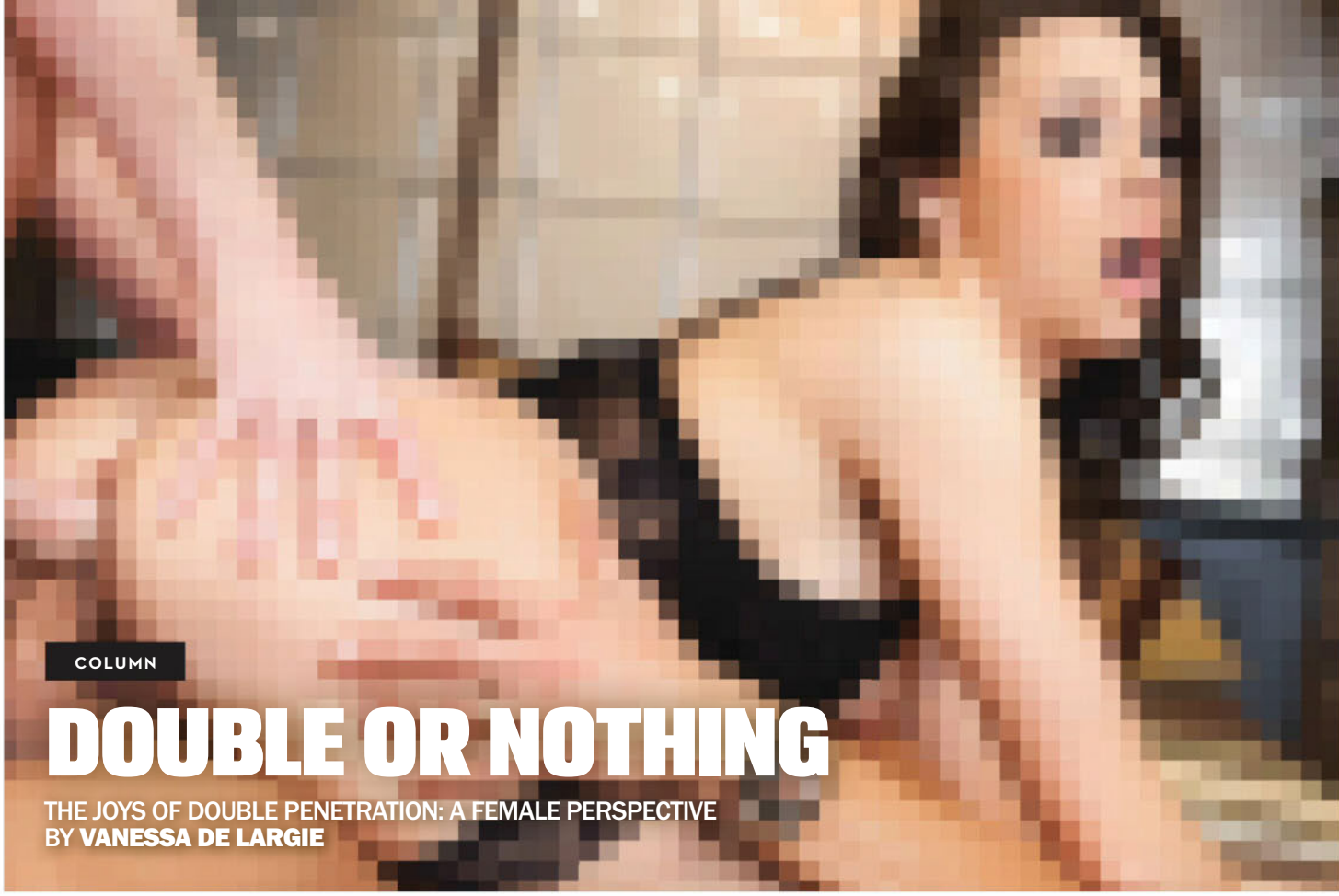
You mean this is made for cracking brazil nuts, or lobsters, or walnuts, right? Ha, you're so naïve. Open your fly and put you're nuts on the table, all two of them, don't be shy, this isn't poker, but you're going all in, no you cannot re-raise, unless you have an extra testicle available? If you do get off using one of these, we salute you, you have much bigger balls than us, sir.

> Holy Water Plug

The holiest of holes just got it's own dam treatment, apparently it was a little leaky, or, perhaps it wasn't and you just felt the need to "plug it up". And you know what, we're lying. Brace yourself, this thing isn't made for your anus, no, it's made for your meatus, aka your penis hole. Why in the good Lords name you want to go sticking things up there we'll never know, but, each to their own. Pro tip: don't drink the holy water if it's yellow.

> The Orgasmatron 3000

Because no good sex toy list is complete without a saddled washing machine that looks like it belongs in the basement of that sociopaths house you accidentally found yourself in. Well, it's too late now, you might as well saddle up and feel the g's, cowboy, or, cowgirl. We just wanted to do the goddamn washing.



COLUMN

DOUBLE OR NOTHING

THE JOYS OF DOUBLE PENETRATION: A FEMALE PERSPECTIVE
BY **VANESSA DE LARGIE**

I'M a woman who loves double penetration and I make no apologies. There's nothing more pleasurable than the intrusive onslaught of two men.

It's hardcore. It's dirty...and it's fun!

Unfortunately, DP is a sexual act rarely discussed. Just type it into Google and all you will find are links to porn-clips. Why is that? Where are the f**king articles?

I was 19 when I was first double-teamed. To say that I was overwhelmed is an understatement. At that point in time, I was unaware that "sexual pleasure" could reach such heights.

I'm now in my 30's and have experienced DP numerous times. Why?

Because double penetration is the epitome of joy. It turns out that this sexual act is an orgasm-factory.

I've decided to share my merriment below.

> PARTY OF THREE

A woman's body is the venue for double penetration. Her vagina and anus are the party-snacks. As a bloke – all you have to do is RSVP and bring-your-own-erection.

> FULLNESS

Receiving two dicks is the biggest turn-on. It's truly off the grid. Your entire lower-body feels full to the brim. Once you have a penis in each orifice – you're not going anywhere. You're at the mercy of two wolves. Grrr!

> THE HUMAN DOUBLE-ADAPTOR

During DP, it's the responsibility of the female to pleasure and drain with her orifices. But in return it's the responsibility of the males to gift her orgasm after orgasm.

RECEIVING TWO DICKS IS THE BIGGEST TURN-ON. IT'S TRULY OFF THE GRID. YOUR ENTIRE LOWER-BODY FEELS FULL TO THE BRIM

I love hearing the moans of my male partners. Knowing that I'm doing a good job and satisfying them – tends to intensify my own pleasure.

I'm yet to come across a man during DP – that doesn't lose his mind and his load!

> FULL-BODY ORGASMS

DP is a first-class flight to Utopia. A flight that I catch every year.

The vaginal orgasms fire first, followed by the anal orgasms. It's consumingly sensory.

There's a violence and totality about the pleasure of DP. It rips through your body like an electric current making you shudder with full sexual-release.

As a woman who is pro-dp, it disappoints me that this act has been left in the dark.

Below are my personal rules when it comes to the act:

- > Only ever engage in this sex-act with people you know, trust and respect.
- > Have a safe word.
- > Use loads of lube.
- > Slowly, slowly before fastly, hardly...
- > The larger penis always goes in the vagina. #houserules
- > Practice safe sex.
- > As a woman, don't engage in DP until you're experienced with anal sex.

Shouldn't we be discussing double penetration in a sex-positive way? Shouldn't we be promoting the orgasms DP causes for both genders? I urge all men and women to plunge the depths of DP – if only once. You can thank me later.

Vanessa de Largie is an actress, author, writer and sex-columnist currently based in Melbourne, Australia.

THE TALE OF THE LIMBLESS LANDLORD

SOMETIMES ALL YOU NEED IN LIFE IS A LEG UP

HISTORY is shaped by the actions of great men and women. We all know the stories of the Washingtons, Einsteins and the Curies of the world. The writers, the actors, the artists, the politicians, the revolutionaries – all of whom, in their own way, achieved greatness and left lasting impacts on the world. It is not clear what makes greatness – there are a large number of thinkers who have left us with quotes and musings on how these people achieved what they did – but no single personality type or physical form that lends itself to that special kind of success. Shakespeare told us, "Be not afraid of greatness. Some are born great, some achieve greatness, and others have greatness thrust upon them." Essentially, it all seems a little mystifying. Perhaps one defining aspect of greatness is the tenacity of individuals who challenge the established order. Through overcoming adversity, persevering through hardships and refusing to give up we see true brilliance succeed.

This month, we want to celebrate a lesser-known hero, who through his dedication to succeed despite the obvious limitations placed on him showed us what it means to be a hero.

Arthur Kavanagh was an heir to the ancient Kings of Leinster in Ireland. He was an explorer and a horseback messenger for the East India Company in the 1850s. A first class shot, a politician, an award-winning draughtsman, a painter and an accomplished hunter. He was also a compassionate man who cared deeply for the people around him.

He was born with no arms and no legs.

Known as the limbless landlord, had Kavanagh been born into any other situation in the time, he would no doubt have spent his life perched on a doorstep, idly chatting with sympathetic passersby. He was fortunate enough to be born into one of the most powerful families in Ireland, heir to one of the oldest claims to nobility in the world. In his early life, a special nurse, Anne Fleming, was employed to assist Arthur and there is no doubt that his tenacity can be attributed to these early years. Fleming ignored his frustrated cries, teaching him to be self-sufficient by placing his toys just out of reach so that he had to wriggle forward to grab them. As a child, he would force his stunted limbs together to hold his playthings, which were large at first and then became progressively smaller over time, pushing him to grow stronger. Over the years this painful practice continued until he could firmly grip a cane, a pistol and even the hilt of a fencing foil.

When he was still young, an ingenious doctor stressed the importance of autonomy and draughted up the plans for a custom saddle that would allow him to ride. He had a fast affinity with horses, perhaps because of his reliance on them, and quickly became an accomplished rider.

From the ages of 13 to 22 he travelled to the East on an epic voyage that would see him pass through Scandanavia, Russia and what is now Azerbaijan, Iran, Pakistan and India. Even today, this overland journey would be incredibly difficult. When he ran out of money, he found employment as a horseback rider for the British East India Company.

At 22 he returned to Ireland after hearing of his older brother's death. Now the heir to his family's lands and titles, he took up his place as the Squire of Borris, a town beset by creditors and deeply traumatised by the Irish famine, which took countless lives and left much more destitute and impoverished.

Landlords throughout Ireland were evicting tenants who were unable to pay and ploughing the land with grain. Kavanagh, however, used the draughting skills he picked up in India and designed affordable housing for his people. He organised for a timber mill to be erected and soon the town was thriving under his steady hand.

FROM THE AGES OF 13 TO 22 HE TRAVELLED TO THE EAST ON AN EPIC VOYAGE THAT WOULD SEE HIM TRAVEL THROUGH SCANDANAVIA, RUSSIA AND WHAT IS NOW AZERBAIJAN, IRAN, PAKISTAN AND INDIA

At Christmas, he was known to ride out to distant parts of his estate and personally deliver meat, blankets and clothes to the less fortunate.

A popular man of the people, he was eventually elected to the House of Commons as the member for Wexford County. With the aid of a servant, he would read his addresses from the top of his hat, often to widespread acclaim from his fellow politicians.

And finally – despite his condition, he had no problem with the ladies. He married at a young age to a beautiful bride. The one issue brought up by the father of his betrothed – that his affliction may be passed on to his children – was put to bed when Kavanagh took his bride for a drive (yes, he could drive) around the local town to point out his many offspring, all of whom were in good health.

Next time you feel that life is difficult and your goals seem like they're slipping away under the pressure of the daily grind – remember there were men, who were given much less to work with who accomplished amazing things. Think to yourself, what would Arthur Kavanagh do?

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COLUMN

HEALTH AND HIGH-GIENE

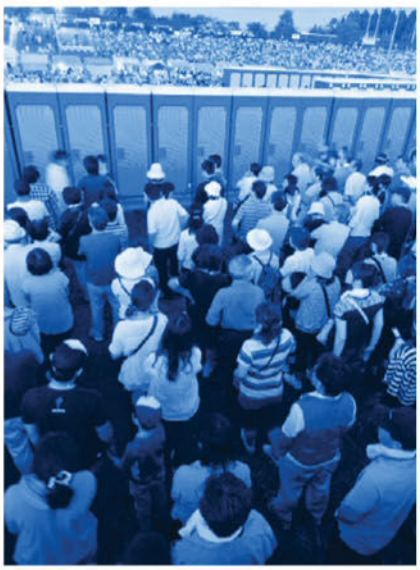
IF YOU'VE been to a major music festival, then you'll know there's a very specific reason that people often take drugs whilst attending…to help cope with how dirty the whole ordeal is.

As expected, the epicentre of the unpleasantness emanates from the toilets – those big wooden bastards atop an accumulating pile of excrement, or at best a classic plastic port-a-loo for your pooing pleasure.

Having attended a few festivals in my time now, and having never caught any massively harmful disease, I thought I'd share a few survival tips for compost contribution.

> 1. Covering one's face holes

With a stench rivalling the trenches of WWI, you can only imagine what lovely breathable germs are in the air. Using your shirt as a nose/mouth guard will not only prevent such inhalation but also suppress your urge to chunder away the big dollars you just spent on mid strength beer.



> 2. Engaging The Core

Keeping arse-to-seat contact minimal will reduce your risk of infection/death significantly. You can't get any less contact than none at all, and using your core to hover your farter above the target as you make your deposit is the best way to achieve this…thank me later.

> 3. Keeping visits minimal

The most effective action is preventative, so set yourself a target of how few times you can take a Donald Trump and make your food purchases accordingly. What goes in must come out…but some food groups are more willing to discuss terms with your rim muscles than others. Imagine some truly evil motherfucker has taken your money-maker hostage: as if you're not going to send in your best negotiator? Hell you'd go secret service on that bitch, send the SWAT team, deploy all tactical units and make your decisions wisely.

COLUMN

SHE CUMS FIRST

A HOW-TO GUIDE ON MAKING HER MOAN FOR MORE! BY **AMIE W**

EATING out. Speaking in tongues. Paying lip service. Whatever you want to call it, having a hot and eager mouth between your thighs feels *unreal* when done correctly. This month, we are going to talk about nature's number one sex toy – the tongue, and how you can use yours to level up your skills in going down.

Here are a few of my tips that will steer you down the path of becoming a cunnilingus champion.

🙄 Every Body Is Different

The first thing you need to realise is that every body is different and each woman is different sexually. What made your ex-girlfriend flood the back-seat of your first car when you were both 17, might make your current lady friend yawn. It's all about paying attention to the subtle moans, twitches, gasps, giggles and other sexy cues and clues she might give while you're doing the deed. Also, don't be afraid to ask what she likes.

🤪 Be Enthusiastic

Nothing is sexier than enthusiasm. A reluctant tongue does not a wet pussy make. Let her feel how badly you want her by pulling her body up to your face. Admire her. Inhale her. Run your hands down her body. Kiss the insides of her thighs. Divide her with your tongue. Let her know you're desperate for her but...

😈 Be A Tease

Don't rush! Tease her with your lips by lightly running them over her skin. Anticipation is your friend. Avoid making a mad stampede for her clitoris and pay attention to everywhere but there until she is a writhing wet mess. Be gentle and keep it simple – avoid acrobatic tongue tricks (this isn't *Cirque du Soleil*). Tease her until she is practically begging you and then slowly press your lips to hers...

BE ENTHUSIATIC. NOTHING IS SEXIER THAN ENTHUSIASM. A RELUCTANT TONGUE DOES NOT A WET PUSSY MAKE

😁 Apply Pressure

After you have thoroughly teased her, apply a decent amount of pressure with your tongue. Lick firmly and savour her. You want to continue to go slow though and avoid being a bull in a vagina shop. Gently suck, but don't treat her pussy like a Hoover. Keep your teeth to yourself, and don't just lap at her clitoris repeatedly – there are nerve endings all around it that you'd be a fool to neglect.

🤗 Get Your Hands Wet

Take the experience to another level for her by sliding in a finger or two while you lick her clitoris. Before you put your fingers anywhere near her, make sure you've cut your nails. Be slippery and agile and always with lubricated fingers. Don't fingerbang her cervix into oblivion (unless she's into that). Again...ask first.

😜 Be Consistent

When it comes to orgasmic oral sex, consistency is key. As things heat up and she's giving off those tell tale signs of impending orgasm (the moans, the fingers in your hair pulling you closer, the desperation to climax...), don't change what you're doing in terms of pacing and resist the urge to speed up.

OPEN LETTER

Dear White Man,

Are you white? Do you have a dick? If your answer to these questions is "Yes", then you should be checking your privilege.

You should be watching what you say. You should be experiencing racial guilt. You should feel responsible for every bad thing that happened in history, because all of it was the fault of folk like you: white dudes.

White privilege checking is all the rage. In PC circles, you can't swing a tote bag without hitting 10 white guys checking their privilege and 10 non-white people demanding they do more of it.

The idea is that if you have white skin and a penis then you won the lottery of life. You're a lucky bugger, and you must recognise your luckiness, and keep it in check, if you hope to be thought of as a half-way decent person.

Some American colleges now pack students off to an annual shindig called "The White Privilege Conference". Sounds like a riot. Featuring sessions like "Reimagining the Power of our Deepest Knowing in our Racial Justice Work" (you what?), the conference is basically a long weekend of making white blokes feel bad.

And when it all gets a bit much, conference attendees are offered "safe spaces" in which to "heal and refuel". Because of course it's hard graft taking the mick out of whiteys.

Privilege-checking is creeping off campus and into the mainstream. Macklemore — the pasty-faced rapper from Seattle — has recorded a song called "White Privilege" in which he berates Elvis, Miley and Iggy for stealing black culture — dude, you're a white rapper!

He raps: "I have an advantage [because] I'm white." You can picture thousands of pained middle-class white youths, consumed by disgust for the antics of their ancestors, welling up as they sing along to this self-hatin' ditty.

Privilege-checking is basically self-flagellation. Where religious zealots used to wallop their backs with nettles to show God what worthless pieces of crap they were, now white dudes with racial complexes pump out tweets and blogs to show how disgusted they are by whiteness.

It's funny, of course. But it's also nasty. There are three pretty awful things about this fad for privilege-checking.

The first is how it racialises everyday life. In a shocking snub to Martin Luther King — who dreamt of a world where people would be judged by their character, not their skin colour — political correctness demands that we be racially aware all the time.

We're now meant to measure people's worth, and the worth of their ideas, by the colour of their skin. You're white? Then you're privileged, you're a problem, and we don't like what you have to say. It's an explicit return to the racial politics mankind spent so long trying to escape.

The second problem is that all the jabber about white privilege is just wrong. It ignores vast class differences. Tell the white blokes who mine coal for a living that they're privileged.

In the UK, young white men are statistically less likely to go to university than young black men and young white women. There's something really off when silver-spooned Gender Studies students write off as "privileged" all white blokes — even the ones who unclog their toilets or drive them to conferences about… well, white privilege.

The third, and worst, thing about white privilege-checking is how it has become a badge of pride worn by PC whites. This is the great irony: white shame is the new white pride.

Acknowledging your white privilege, and publicly denouncing it in self-mauling tweets, has become a way of saying "I'm a good white person". It's a way of distinguishing yourself from bad whites, from the ignorant, ill-read white blob, which isn't even aware of the horrors of history and how those horrors helped to make life super-cool for all whites (allegedly).

White dudes who check their privilege are really juxtaposing themselves to these Other Whites. It's a new kind of white nationalism, where good, well-educated whites advertise their superior racial awareness. It's a modern version of the racial self-distinction of Aryan movements in the past: they were also all about contrasting their decent whiteness with the bad whiteness of the throng, of those stupid whites who had no clue and too many kids.

And so we have the insanely ironic end result of the PC obsession with whiteness: it has breathed life back into a highly racialised, highly conceited White Pride. Well done, everyone.

Yours sincerely,

Brendan O'Neill

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